

SEARCH REQUEST FORM

Requestor's Name: K. O'Hara Serial Number: 08/731,008
Date: 8 Jan 97 Phone: 308-0780 Art Unit: 3312

Search Topic:

Please write a detailed statement of search topic. Describe specifically as possible the subject matter to be searched. Define any terms that may have a special meaning. Give examples or relevant citations, authors keywords, etc., if known. For sequences, please attach a copy of the sequence. You may include a copy of the broadest and/or most relevant claim(s).

method of breast augmentation/enhancement through the use of topically applying cocoa butter through massage to enlarge the breast and topical application of Vitamin E for sustaining the enlargement.

ratio of cocoa butter to Vitamin E = 18:1

Title: non-surgical method for breast augmentation.

Inv. = marianthi Giakoumakis

We did all we could
but it just doesn't
seem to be out
there - sorry.

STAFF USE ONLY

Date completed: 8-1Searcher: 8-1Terminal time: 125

Elapsed time: _____

CPU time: _____

Total time: 10

Number of Searches: _____

Number of Databases: 23

Search Site

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Type of Search

☐ N.A. Sequence☐ A.A. Sequence☐ Structure☒ Bibliographic

Vendors

☐ IG Suite☐ STN☒ Dialog 1/22/97☐ APS☐ Geninfo☐ SDC☐ DARC/Questel☐ Other

=> d file

L68 ANSWER 1 OF 1 REGISTRY COPYRIGHT 1997 ACS

RN ~~8002-3151~~ REGISTRY *

* Use of this CAS Registry Number alone as a search term in other STN files may result in incomplete search results. For additional information, enter HELP RN* at an online arrow prompt (=>).

CN ~~Cocoa butter~~ (CA INDEX NAME)

OTHER NAMES:

CN Cacao butter

CN Cacao oil

CN Cocoa, bean ext., dark

CN Cocoa, bean ext., white

CN Cocoa, ext.

CN Dark cocoa essence

CN Fats and Glyceridic oils, cocoa

CN Fats and Glyceridic oils, cocoa butter

CN Fats and Glyceridic oils, Theobroma

CN Fats, cocoa

CN Fats, cocoa butter

CN Oils, cocoa

CN Oils, cocoa shell

CN Oils, glyceridic, cocoa

CN Oils, glyceridic, Theobroma

CN Oils, Theobroma

CN Sheobroma oil

CN Theabroma oil

CN Theobroma cacao ext.

CN Theobroma cacao fats

CN Theobroma oil

DEF Extractives and their physically modified derivatives. Theobroma cacao, Sterculiaceae.

DR 68916-17-6, 68916-16-5, 73049-57-7

MF Unspecified

CI MAN, CTS

LC STN Files: AGRICOLA, BIOSIS, CHEMCATS, CHEMLIST, CIN, CSCHM, DETHERM*, DDFU, DRUGU, EMBASE, IPA, MEDLINE, MSDS-OHS, PDLCOM*, TOXLINE, USAN

(*File contains numerically searchable property data)

Other Sources: DSL**, TSCA**

(**Enter CHEMLIST File for up-to-date regulatory information)

*** STRUCTURE DIAGRAM IS NOT AVAILABLE ***

=> d fide

L69 ANSWER 1 OF 1 REGISTRY COPYRIGHT 1997 ACS

RN ~~806-18-4~~ REGISTRY

CN ~~Vitamin E (9CI)~~ (CA INDEX NAME)

OTHER NAMES:

CN Aquasol E
CN Erevit forte
CN Evion
CN Rocavit E
CN Rontex 201
DR 11105-14-9
MF Unspecified
CI COM, MAN
LC

synthetic: tocopherols

STN Files: AGRICOLA, AIDSLINE, BIOBUSINESS, BIOSIS, CA, CABA,
CANCERLIT, CAPLUS, CASREACT, CEN, CHEMLIST, CIN, CJACS, CSCHM,
IFICDB, IFIPAT, IFIUDB, IPA, MEDLINE, NAPRALERT, PIRA, PNI, PROMT,
TOXLINE, TOXLIT, USPATFULL, VTB

Other Sources: DSL**, EINECS**, TSCA**

(**Enter CHEMLIST File for up-to-date regulatory information)

*** STRUCTURE DIAGRAM IS NOT AVAILABLE ***

8058 REFERENCES IN FILE CA (1967 TO DATE)

113 REFERENCES TO NON-SPECIFIC DERIVATIVES IN FILE CA

8066 REFERENCES IN FILE CAPLUS (1967 TO DATE)

FILE 'MEDLINE' ENTERED AT 16:56:10 ON 14 JAN 97

FILE LAST UPDATED: 19 DEC 1996 (961219/UP). FILE COVERS 1966 TO DATE.
+QLF/CT SHOWS YOU THE ALLOWABLE QUALIFIERS OF A TERM.

MEDLINE, CANCERLIT AND PDQ ERRONEOUSLY ANNOTATED CERTAIN ARTICLES
AUTHORED OR CO-AUTHORED BY DR. BERNARD FISHER WITH THE PHRASE
"SCIENTIFIC MISCONDUCT-DATA TO BE REANALYZED." ALL SUCH ANNOTATIONS
HAVE BEEN REMOVED OR ARE BEING REMOVED. WE APOLOGIZE FOR ANY PROBLEMS
OR CONCERNS THIS MAY HAVE CAUSED. USERS SHOULD DISREGARD THOSE PRIOR
ANNOTATIONS.

(FILE 'HOME' ENTERED AT 16:45:21 ON 14 JAN 97)

FILE 'MEDLINE' ENTERED AT 16:45:59 ON 14 JAN 97

L1 12352 S E3+NT/CT
 E BREAST/CT
 E VITAMIN E/CT
L2 10268 S E3/CT
 E COCOA/CT
 E E6+NT/CT
 E COCOA/CT
 E E6+ALL/CT
L3 735 S E2 OR COCOA# OR THEOBROMA# OR SHEOBROMA#
~~L4 12 S E1 AND E2~~
L5 0 S L1 AND L3

FILE 'MEDLINE' ENTERED AT 16:56:10 ON 14 JAN 97

=> d 14 1-12 ti

L4 ANSWER 1 OF 12 MEDLINE
TI Some aspects of vitamin E related to humans and breast cancer
 prevention.

L4 ANSWER 2 OF 12 MEDLINE
TI A method for determining concentrations of retinol, tocopherol, and
 five carotenoids in human plasma and tissue samples.

L4 ANSWER 3 OF 12 MEDLINE
TI Effect of sampling site on retinol, carotenoid, tocopherol, and
 tocotrienol concentration of adipose tissue of human breast with
 cancer.

L4 ANSWER 4 OF 12 MEDLINE
TI Quantitative determination of water- and lipid-soluble antioxidants
 in neoplastic and non-neoplastic human breast tissue.

L4 ANSWER 5 OF 12 MEDLINE
TI A hidden source of vitamin E [letter].

L4 ANSWER 6 OF 12 MEDLINE
TI [Fibrocystic disease of breast. Clinico-therapeutic considerations].
 Malattia fibrocistica della mammella. Considerazioni
 clinico-terapeutiche.

L4 ANSWER 7 OF 12 MEDLINE
TI Fibrocystic breast disease: pathophysiology, pathomorphology,
 clinical picture, and management.

L4 ANSWER 8 OF 12 MEDLINE
 TI Vitamin E concentrations in serum of newborn infants after topical use of vitamin E by nursing mothers.

L4 ANSWER 9 OF 12 MEDLINE
 TI Possible dangers of vitamin E [letter].

L4 ANSWER 10 OF 12 MEDLINE
 TI Vitamin E and capsular contracture [letter].

L4 ANSWER 11 OF 12 MEDLINE
 TI The effectiveness of alpha-tocopherol (vitamin E) in reducing the incidence of spherical contracture around breast implants.

L4 ANSWER 12 OF 12 MEDLINE
 TI [Effects of drugs on lactation (literature review)].
 Vliianie lekarstvennykh sredstv na laktatsiiu (obzor literatury).

=> d 14 8,11 all

L4 ANSWER 8 OF 12 MEDLINE
 AN 85276443 MEDLINE
 TI Vitamin E concentrations in serum of newborn infants after topical use of vitamin E by nursing mothers.
 AU Marx C M; Izquierdo A; Driscoll J W; Murray M A; Epstein M F
 SO AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY, (1985 Jul 15) 152 (6 Pt 1) 668-70.
 Journal code: 3NI. ISSN: 0002-9378.
 CY United States
 DT Journal; Article; (JOURNAL ARTICLE)
 LA English
 FS Abridged Index Medicus Journals; Priority Journals; Cancer Journals
 EM 8511
 CT Check Tags: Female; Human; Support, Non-U.S. Gov't
 Administration, Topical
 *Breast Feeding
 *Infant, Newborn
 Nipples
 Risk
 Vitamin E: AD, administration & dosage
 *Vitamin E: BL, blood
 RN 1406-18-4 (Vitamin E)

L4 ANSWER 11 OF 12 MEDLINE
 AN 82038200 MEDLINE
 TI The effectiveness of alpha-tocopherol (vitamin E) in reducing the incidence of spherical contracture around breast implants.
 AU Baker J L Jr
 SO PLASTIC AND RECONSTRUCTIVE SURGERY, (1981 Nov) 68 (5) 696-9.
 Journal code: P9S. ISSN: 0032-1052.
 CY United States
 DT Journal; Article; (JOURNAL ARTICLE)
 LA English
 FS Abridged Index Medicus Journals; Priority Journals
 EM 8202
 AB Vitamin E appears to be a safe, simple, and inexpensive means of reducing the number of postoperative capsular contractures following breast augmentation. The synthetic form of vitamin E (alpha-tocopherol) is recommended to avoid nausea or skin eruptions in patients with oily skin, which are frequently encountered when the natural form is taken. No harmful side effects have been noted

in any of the patients to date. Vitamin E has no effect on coagulation systems and does not cause excessive bleeding either during or after surgery. The recommended dosage of synthetic vitamin E is 1000 IU, b.i.d., for 2 years beginning 1 week before surgery. If no contracture exists at that time, the dosage may be reduced to 1000 IU daily thereafter.

CT Check Tags: Female; Human

***Breast: SU, surgery**

***Contracture: PC, prevention & control**

***Implants, Artificial**

Vitamin E: AD, administration & dosage

***Vitamin E: TU, therapeutic use**

Wound Healing

RN 1406-18-4 (Vitamin E)

~~FILE HCA~~

FILE 'HCA' ENTERED AT 17:51:26 ON 14 JAN 97
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FILE COVERS 1967 - 14 Jan 1997 (970114/ED) VOL 126 ISS 3

~~display history full list~~

(FILE 'HOME' ENTERED AT 17:31:08 ON 14 JAN 97)

FILE 'HCA' ENTERED AT 17:31:33 ON 14 JAN 97

L1 38394 SEA BREAST OR BREASTS OR BREASTSIZ? OR MAMMA OR MAMMAR? O
R MAMMAE OR MAMMIFORM? OR MAMMIPLASIA? OR MAMMOGENE? OR M
AMMOPLASIA? OR MASTOPLASIA? OR BUST OR BUSTLINE? OR BOSOM
? OR DUGS OR TEATS

L2 970 SEA MAMELON? OR TETON# OR UDDER# OR NENES OR TITS OR TITT
IES OR BOOBS OR BOOBIES OR BUBBIES OR JUGS OR BAZOOMS OR
BAZONGAS OR HOOTERS OR KNOCKERS

L3 1626 SEA (ENLARG? OR AUGMENT? OR ENHANC? OR IMPROV? OR APPRECI
AT? OR BOOST? OR INCREAS? OR AGGRANDIZ? OR EXPAND? OR EXP
ANS? OR INFLAT? OR FATTEN?) (3A) (L1 OR L2)

L4 319 SEA ((FILL OR FILLS OR FILLED OR FILLING#) (A) OUT OR (BUIL
D? OR BLOW? OR PUFF? OR PUMP?) (A) UP OR GAIN? OR GREATEN?
OR GREATER? OR SIZE# OR SIZING# OR MEASUREMENT?) (3A) (L1 O
R L2)

L5 5555 SEA (DEVELOP? OR GROW? OR AMPLIF? OR SWELL? OR MAGNIF? OR
DISTENSION? OR DISTEND? OR BLOAT? OR SWOLLEN? OR PLUMP?
OR FORTIF? OR SUPPLEMENT? OR HYPERTROP? OR RAIS? OR ELEVA
T? OR BIG OR BIGGER OR BIGGEST OR LARGE# OR LARGEST) (3A) (L1 OR L2)

L6 9 SEA MAMMOGEN# OR MAMMOSE# OR MAMILLATED OR MASTOPTOSIS?

L7 4933 SEA 8002-31-1 OR COCOA? OR CACAO? OR THEOBROMA# OR SHEOBR
OMA#

L8 23106 SEA 1406-18-4 OR (VIT OR VITAMIN? OR AQUASOL# OR ROCAVIT#
) (2A) E OR TOCOPHEROL# OR EREVIT# (2A) FORTE# OR EVION#

L9 21787 SEA TOPICAL?

L10 8089 SEA RUB OR RUBS OR RUBBED OR RUBBING# OR MASSAG?

L11 0 SEA L6 AND L7

L12 0 SEA L6 AND L8

L13 0 SEA (L3 OR L4 OR L5) AND L7

L14 44 SEA (L3 OR L4 OR L5) AND L8

L15 0 SEA L14 AND L9

L16 0 SEA L14 AND L10

L17 6 SEA (L1 OR L2) AND L7

L18 DEL 10 S (S1 OR L2) AND L8

L18 208 SEA (L1 OR L2) AND L8

L19 0 SEA L17 AND L18

L20 3 SEA L18 AND L9

L21 0 SEA L18 AND L10

FILE 'HOME' ENTERED AT 17:49:13 ON 14 JAN 97

~~FILE HCA~~ ENTERED AT 17:50:33 ON 14 JAN 97

~~22 SEA L17 OR L20~~

~~44 SEA L14 NOT L22~~

=> d 122 1-9 cbib abs hitind

L22 ANSWER 1 OF 9 HCA COPYRIGHT 1997 ACS

125:274552 Glucose and norepinephrine challenges during abomasal infusion of cis or trans octadecenoates in Holstein cows. Gaynor, P. J.; Erdman, R. A.; Teter, B. B.; Capuco, A. V.; Waldo, D. R. (Univ. Maryland, College Park, MD, 20742, USA). J. Dairy Sci., 79(9), 1590-1595 (English) 1996. CODEN: JDSCAE. ISSN: 0022-0302.

AB This expt. detd. the effects of infusion of mixts. of fat contg. predominantly cis-C18:1 or trans-C18:1 fatty acids into the abomasum on responses of cows to glucose and norepinephrine challenges administered i.v. Six lactating Holstein cows, each with a rumen cannula, were arranged in 2 Latin squares with 21-day periods. The common basal diet contained 40% forage and 60% conc. Treatments were the uninfused control, 750 g/day of a cis fat mixt. (65% high oleic sunflower oil and 35% ***cocoa*** butter), and 750 g/day of a trans fat mixt. (93% shortening and 7% corn oil) infused into the abomasum via a tube that passed through the rumen cannula. Glucose challenges (0.4 mg/kg body wt., administered i.v.) were conducted on day 18, and norepinephrine challenges (0.7 .mu.g/kg body wt., administered i.v.) were conducted on day 19 of each exptl. period. Despite a lower percentage of fat in milk for trans than for cis treatment, disappearance rates of glucose, secretion of insulin after glucose challenge, and appearance rates of NEFA and triglycerides after norepinephrine challenge were similar between treatments. Thus, these data support the hypothesis that trans-C18:1 fatty acids affect the synthesis of milk fat in the ***mammary*** gland of lactating cows.

CC 18-5 (Animal Nutrition)

L22 ANSWER 2 OF 9 HCA COPYRIGHT 1997 ACS

122:38838 antitumor pharmaceutical compositions containing cell differentiation-inducing .delta.- ***tocopherol***. Sakai, Tatsu; Tanaka, Tomohide; Sato, Kana; Hibi, Takashi; Tanabe, Yoshio; Oosawa, Shigemitsu (Eisai Co Ltd, Japan). Jpn. Kokai Tokkyo Koho JP 06256181 A2 940913 Heisei, 8 pp. (Japanese). CODEN: JKXXAF. APPLICATION: JP 93-69132 930305.

AB Antitumor pharmaceutical compns. contg. cell differentiation-inducing .delta.- ***tocopherol*** are effective in treating hemopoietic organ cancer (acute leukemia, chronic leukemia, malignant lymphoma, multiple myeloma, macroglobulinemia) and solid tumors (brain tumor, neck cancer, ***breast*** cancer, lung cancer, esophagus cancer, colon cancer, bile duct cancer, pancreatic cancer, pancreatic islet cancer, kidney cell cancer, adrenal cortex cancer, bladder cancer, prostate cancer, testis cancer, ovary cancer, uterus cancer, chorionic cancer, thyroid gland cancer, malignant carcinoid cancer, skin cancer, malignant melanoma, osteosarcoma, soft tissue cancer, neuroblastoma, Wilmscarcinoma, fetal rhabdomyochondroma, retinoblastoma). An injection contained .delta.- ***tocopherol*** 1.0, polyoxyethylene sorbitan monooleate 3.5, d-sorbitol 5.0, Na2HPO4 0.08, NaH2PO4 0.07, and purified water to 100 wt.%.

IC ICM A61K031-355

ICS A61K031-355; C07D311-58

CC 63-6 (Pharmaceuticals)

Section cross-reference(s): 1

ST antitumor pharmaceutical cell differentiation inducer
tocopherol

IT Carcinoma

(Wilms; antitumor pharmaceutical compns. contg. cell differentiation-inducing .delta.- ***tocopherol***)

IT Adrenal cortex, neoplasm
 Neoplasm inhibitors
 Skin, neoplasm
 Testis, neoplasm
 Thyroid gland, neoplasm
 (antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Animal cell
 (differentiation inducer; antitumor pharmaceutical compns. contg.
 cell differentiation-inducing .delta.- ***tocopherol***)

IT Sarcoma
 (esteo-; antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm
 (solid; antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Biliary tract
 (bile duct, neoplasm, antitumor pharmaceutical compns. contg.
 cell differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (bladder, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (brain, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (colon, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Intestine, neoplasm
 (colon, inhibitors, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (esophagus, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Pharmaceutical dosage forms
 (granules, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Brain, neoplasm
 Kidney, neoplasm
 Lung, neoplasm
 Ovary, neoplasm
 Pancreas, neoplasm
 Uterus, neoplasm
 (inhibitors, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Pharmaceutical dosage forms
 (injections, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (kidney, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (leukemia, acute; antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (leukemia, chronic; antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
 (lung, antitumor pharmaceutical compns. contg. cell
 differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(lymphoma, chronic; antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(***mammary*** gland, antitumor pharmaceutical compns. contg.
cell differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(melanoma, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Macroglobulins
(metabolic disorders, macroglobulinemia, antitumor pharmaceutical
compns. contg. cell differentiation-inducing .delta.-
tocopherol)

IT Neoplasm inhibitors
(myeloma, multiple; antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neck, anatomical
(neoplasm, carcinoma, antitumor pharmaceutical compns. contg.
cell differentiation-inducing .delta.- ***tocopherol***)

IT Bladder
Esophagus
Mammary gland
Prostate gland
(neoplasm, inhibitors, antitumor pharmaceutical compns. contg.
cell differentiation-inducing .delta.- ***tocopherol***)

IT Nerve, neoplasm
(neuroblastoma, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(ovary, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(pancreas, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(prostate gland, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Eye, neoplasm
(retinoblastoma, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Pharmaceutical dosage forms
(tablets, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Pharmaceutical dosage forms
(***topical*** , antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT Neoplasm inhibitors
(uterus, antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

IT 119-13-1, .delta.- ***Tocopherol***
(antitumor pharmaceutical compns. contg. cell
differentiation-inducing .delta.- ***tocopherol***)

L22 ANSWER 3 OF 9 HCA COPYRIGHT 1997 ACS

120:190326 Milk fat yield and composition during abomasal infusion of
cis or trans octadecenoates in Holstein cows. Gaynor, P. J.;
Erdman, R. A.; Teter, B. B.; Sampugna, J.; Capuco, A. V.; Waldo, D.
R.; Hamosh, M. (Univ. Maryland, College Park, MD, 20742, USA). J.
Dairy Sci., 77(1), 157-65 (English) 1994. CODEN: JDSCAE. ISSN:
0022-0302.

AB The role of trans-C18:1 fatty acids in milk fat depression was examd. Six rumen-cannulated Holstein cows were assigned to 2 Latin squares with 21-day periods. The common basal diet contained 40% forage and 60% conc. Treatments were the uninfused control, 750 g/day of a mixt. of cis fat (65% high oleic sunflower oil and 35% ***cocoa*** butter), and 750 g/day of a mixt. of trans fat (93% shortening and 7% corn oil) infused into the abomasum via a tube that passed through the rumen cannula. Milk yield was similar among treatments. Milk fat percentage and yield were lower, and milk citrate concn. was higher, for the trans than the cis treatment. Changes in the fatty acid compn. of milk were similar for the cis and trans treatments compared with the control except for trans-C18:1. The concn. of trans-C18:1 was greater for the cis and trans treatments than for the control and was greater for the trans than for the cis treatment. These data clearly demonstrated that infusion of trans-C18:1 fatty acids into the abomasum depressed milk fat percentage and yield. Apparently, reduced synthesis of fatty acids and reduced activity of acyl transferase in ***mammary*** tissue contributed to depressed milk fat percentage for the trans treatment.

CC 18-5 (Animal Nutrition)

L22 ANSWER 4 OF 9 HCA COPYRIGHT 1997 ACS

116:262375 Preformulation of progesterone dosage forms. Release characteristics and bioavailability of progesterone suppositories. Safwat, S. M.; Tous, S. S.; Mohamed, M. M. (Fac. Pharm., Assiut Univ., Assiut, Egypt). Pharm. Ind., 53(12), 1144-50 (English) 1991. CODEN: PHINAN. ISSN: 0031-711X.

AB The copptn. of progesterone (I) with poly(vinylpyrrolidone) (II) mol. wts. 40,000 and 44,000 from EtOH resulted in ppts. exhibiting higher I solubilities at pH 7.0 than I alone or phys. mixts. of I and II, which were also higher for the low-mol. wt. polymer and which attained a max. at a I to II ratio of 1:8. UV spectroscopy revealed bathochromic shifts in the peak at .apprx.240 nm indicating a form of mol. interaction; the 1:8 ppt. was amorphous and exhibited the lowest m.p. of all ppts. investigated although the effect was slight. Suppositories prepd. with ***cocoa*** butter, poly(ethylene glycol) (III), and Witepsol H15 bases indicated high I releases; kinetic release and permeability data showed the 1:8 ppt. in combination with III to give the fastest and highest release, indicative of an addnl. solubilizing effect of III. The bioavailability of this ppt./base combination in rabbits following rectal placement was 126.6% relative to a comparable formulation with I alone; histol. examn. of ***mammary*** glands confirmed a more intense pharmacol. effect of the former.

CC 63-5 (Pharmaceuticals)

Section cross-reference(s): 2

L22 ANSWER 5 OF 9 HCA COPYRIGHT 1997 ACS

114:203500 Aromatase inhibitors in cigarette smoke, tobacco leaves and other plants. Osawa, Yoshio; Tochigi, Buichi; Tochigi, Meijin; Ohnishi, Shuhei; Watanabe, Yuki Yoshi; Bullion, Keith; Osawa, George; Nakabayashi, Yutaka; Yarborough, Carol (Endocr. Biochem. Dep., Med. Found. Buffalo Res. Inst., Buffalo, NY, 14203, USA). J. Enzyme Inhib., 4(2), 187-200 (English) 1990. CODEN: ENINEG. ISSN: 8755-5093.

AB A chance observation that cigaret smoke interferes with the aromatase assay led to an investigation of tobacco leaf and smoke exts. for the presence of aromatase inhibitors. The highest inhibitory activity was found in the basic fraction of cigaret

smoke. Further purifn. of this fraction led to the identification of N-n-octanoylnornicotine (I). Synthesis and testing of a series of acylated nornicotines and anabasines for their ability to inhibit aromatase showed an interesting correlation of activity with length of the acyl carbon chain, with max. activity at C-11. The acylated derivs. showed activity which was significantly greater than that of nicotine and anabasine. In vivo studies in rats indicated that administration of I delayed the onset of NMU-induced ***breast*** carcinoma and altered the estrus cycle. These in vivo studies suggest that tobacco alkaloid derivs. exert their effects by suppression of the aromatase enzyme system. Toxicity studies indicated relatively low toxicity with LD50 for N-n-octanoylnornicotine = 367 mg/kg body wt. When exts. from 35 varieties of vegetables, plant leaves, and fruits were analyzed, 17 showed quant. significant aromatase inhibition which was comparable to that of green tobacco leaf, suggesting that naturally occurring substances may affect endocrine function through aromatase inhibition.

CC 11-1 (Plant Biochemistry)
Section cross-reference(s): 4, 7, 17

IT ***Cocoa*** products
Tea products
(exts., aromatase inhibition by)

IT Neoplasm inhibitors
(carcinoma, octanoylnornicotine, in ***breast***, aromatase inhibition in relation to)

L22 ANSWER 6 OF 9 HCA COPYRIGHT 1997 ACS

111:231005 Taurine content in foods. Pasantes-Morales, H.; Quesada, O.; Alcocer, L.; Sanchez Olea, R. (Inst. Fisiol. Cel., Univ. Nac. Auton. Mexico, Mexico City, Mex.). Nutr. Rep. Int., 40(4), 793-801 (English) 1989. CODEN: NURIBL. ISSN: 0029-6635.

AB The taurine content of food, including fruits, vegetables, seeds, nuts, cereals, meat, seafood, and dairy products, was examd. in this study. The highest concn. of taurine was found in clams and octopus (41.4 .mu.moles/g and 31.2 .mu.moles/g), followed by shrimp and fish (12.4 .mu.oles/g and 9.1 .mu.moles/g, resp.). Beef, pork and lamb meat contained taurine in concns. ranging 3.5-4.0 .mu.moles/g. Taurine concn. in chicken leg was 6.6 .mu.moles/g and in chicken ***breast*** 1.4 .mu.moles/g. No taurine was found in hen eggs (yolk or white), dairy products or honey. Taurine was undetectable in fruits and vegetables. From the seeds, cereals and grains examd., rice, corn, oatmeal, rye, wheat, barley, sesame seed, coffee and ***cacao*** contained no taurine. Pumpkin seeds contained 13.5 nmoles/g, black beans 9.2 nmoles/g, horse beans 12.9 nmoles/g, and chick peas 18.7 nmoles/g. No taurine was detected in peanuts. Walnuts, almonds, cashews, hazelnuts and pine nuts contained taurine in concns. ranging 15-46 nmoles/g. Pistachios contained very low amts. of taurine (4.9 nmoles/g). All analyses were carried out in uncooked samples. The interest of these results is considered in terms of reported evidences on the deletereous consequences of taurine deficiency in animals and humans.

CC 17-13 (Food and Feed Chemistry)

L22 ANSWER 7 OF 9 HCA COPYRIGHT 1997 ACS

103:52986 Effect of parenteral iron preparations on ***vitamin*** ***E*** and lipid peroxide status of suckling pigs. Mezes, Miklos; Mozes, Istvan; Huse, Ferenc (Univ. Agric. Sci., Godollo, Hung.). Allattenyesz. Takarmanyozas, 33(6), 543-7 (Hungarian) 1984. CODEN: ATAKDW. ISSN: 0230-1814.

AB Piglets were injected i.m. with the Fe prepns. ursoferran [97380-76-2], Mastermix [97380-71-7], or Chinofer 130 [97380-63-7], at age 4 days. In another group, Hemogen [39433-29-9] was applied ***topically*** to the ***teats*** of locating sows. All prepns. increased the plasma Fe level at 10, 20 and 30 days of age. The Fe-binding capacity of the plasma was increased on day 10 in Hemogen- and Ursoferran-treated piglets, and was decreased on day 20 in Chinofer-treated piglets. Some changes were noted in the plasma catalase [9001-05-2], ***vitamin*** ***E*** [***1406-18-4***], and degree of lipid peroxidn., and in the erythrocytic glutathione peroxidase [9013-66-5] plasma ***vitamin*** ***E*** was increased in piglets given Mastermix and Chinofer.

CC 18-1 (Animal Nutrition)

ST iron parenteral piglet blood plasma; ***vitamin*** ***E*** plasma parenteral iron piglet; lipid peroxidn plasma parenteral iron piglet

IT Swine

(lipid peroxidn. and ***vitamin*** ***E*** in blood plasma of piglets, parenteral iron effect on)

IT Blood plasma

(lipid peroxidn. in and ***vitamin*** ***E*** of, in piglets, parenteral iron effect on)

IT ***1406-18-4*** 7439-89-6, biological studies 9001-05-2 (of blood plasma, in piglets, parenteral iron effect on)

L22 ANSWER 8 OF 9 HCA COPYRIGHT 1997 ACS

102:226070 Hormone product with ***topical*** action. Radulescu, Georgeta; Voiculescu, Antoaneta; Perju, Alexandru; Radulescu, Natalia; Chirita, Alexandru; Paun, Alexandru; Sirbu, Constantin; Trandafir, Viorica; Balica, Steluta; et al. (Intreprinderea de Antibiotice, Rom.). Rom. RO 83933 B 840530, 2 pp. (Romanian). CODEN: RUXXA3. APPLICATION: RO 82-107662 820525.

GI Diagram(s) available in offline prints and/or printed CA Issue.

AB A ***topical*** pharmaceutical in ointment form for treatment in benign ***mammary*** pathol. (mastodynia and mastopathy) comprises collagen hydrolyzate 5-20, progesterone (I) [57-83-0] 1-2, and ***vitamin*** ***E*** [***1406-18-4***] 0.03-0.10% incorporated in an oil/water ointment base.1.

IC A61K009-06

CC 63-6 (Pharmaceuticals)

ST progesterone ointment ***mammary*** gland; ***vitamin*** ***E*** ointment ***mammary*** gland; collagen ointment ***mammary*** gland; hormone ointment ***mammary*** gland

IT Collagens, compounds

(hydrolyzates, ointment contg. ***vitamin*** ***E*** and progesterone and, for ***mammary*** gland disease treatment)

IT Hormones

(ointment contg. collagen and ***vitamin*** ***E*** and, for ***mammary*** gland disease treatment)

IT ***Mammary*** gland

(disease, treatment of, hormone ointment for)

IT ***1406-18-4***

(ointment contg. collagen and progesterone and, for ***mammary*** gland disease treatment)

IT 57-83-0, biological studies

(ointment contg. collagen and ***vitamin*** ***E*** and, for ***mammary*** gland disease treatment)

L22 ANSWER 9 OF 9 HCA COPYRIGHT 1997 ACS

70:103391 Inhibition of lactation and luteal function in postpartum rats by hypothalamic implantation of prolactin. Clemens, James A.; Sar, M.; Meites, Joseph (Michigan State Univ., East Lansing, Mich., USA). Endocrinology, 84(4), 868-72 (English) 1969. CODEN: ENDOAO.

AB Lactating female Sprague-Dawley rats were divided into 5 groups on the 4th day post partum, and were given implants in the anterior median eminence of ***cocoa*** butter (controls); a mixt. of prolactin and ***cocoa*** butter; prolactin, ACTH, and ***cocoa*** butter; prolactin, growth hormone (GH), and ***cocoa*** butter; or prolactin and cholesterol. On the day of implantation (day 0), litter size was reduced to 6 pups/mother and individual pup wts. were recorded on days 2, 5, and 7 after implantation. Prolactin implants elicited a highly significant decrease in lactation, as judged by litter wt. gains, when compared with the controls. Implants of prolactin and ACTH produced even greater redns. in litter wt. gains than prolactin alone, reflecting the need for secretion of both hormones during lactation. Implants of prolactin and GH had no greater inhibitory effect on lactation than prolactin alone. Implants of pellets of prolactin and cholesterol were ineffective for inhibiting lactation. The right inguinal ***mammary*** glands from rats given implants of prolactin or prolactin and ACTH weighed significantly less than those of the controls. Daily vaginal smears showed that control postpartum rats were in diestrus, whereas rats given prolactin implants (or prolactin and ACTH) came into estrus and began to cycle. The ovaries from the control postpartum rats were characterized mainly by the presence of typical large corpora lutea of lactation and few small follicles, whereas the ovaries of the prolactin implanted rats had large follicles and smaller corpora lutea. Inhibition of prolactin secretion in these postpartum rats apparently resulted in increased FSH and LH release from the pituitary.

CC 4 (Hormones)

IT Endocrine systems

(brain-pituitary- ***mammary*** , brain-pituitary-ovary in relation to)

=> d 123 1-44 ti

L23 ANSWER 1 OF 44 HCA COPYRIGHT 1997 ACS

TI RRR-.alpha.-tocopheryl succinate enhances TGF-.beta.1, -.beta.2, and -.beta.3 and TGF-.beta.R-II expression by human MDA-MB-435 breast cancer cells

L23 ANSWER 2 OF 44 HCA COPYRIGHT 1997 ACS

TI Inhibition of heterocyclic amine-induced carcinogenesis by antioxidants in rats

L23 ANSWER 3 OF 44 HCA COPYRIGHT 1997 ACS

TI Prevention of mammary tumorigenesis in acatalasemic mice by ***vitamin*** ***E*** supplementation

L23 ANSWER 4 OF 44 HCA COPYRIGHT 1997 ACS

TI Premenopausal breast cancer risk and intake of vegetables, fruits, and related nutrients

L23 ANSWER 5 OF 44 HCA COPYRIGHT 1997 ACS

TI Effect of tocotrienols on the ***growth*** of a human ***breast*** cancer cell line in culture

- L23 ANSWER 6 OF 44 HCA COPYRIGHT 1997 ACS
TI Effect of gamma radiation on levels of .alpha.- ***tocopherol***
in red meats and turkey
- L23 ANSWER 7 OF 44 HCA COPYRIGHT 1997 ACS
TI Effects of in vitro ***supplementation*** of bovine
mammary gland macrophages and peripheral blood lymphocytes
with .alpha.- ***tocopherol*** and sodium selenite: implications
for udder defenses
- L23 ANSWER 8 OF 44 HCA COPYRIGHT 1997 ACS
TI Influence of n-3 fatty acids on the ***growth*** of human
breast cancer cells in vitro: Relationship to peroxides and
vitamin ***E***
- L23 ANSWER 9 OF 44 HCA COPYRIGHT 1997 ACS
TI Comparative studies on the effect of butylhydroxy-toluene and
ethoxyquin on the antioxidative and oxidative balance in broilers
- L23 ANSWER 10 OF 44 HCA COPYRIGHT 1997 ACS
TI ***Vitamin*** ***E*** and carcinogenesis
- L23 ANSWER 11 OF 44 HCA COPYRIGHT 1997 ACS
TI Tamoxifen and hydroxytamoxifen as intramembraneous inhibitors of
lipid peroxidation. Evidence for peroxy radical scavenging activity
- L23 ANSWER 12 OF 44 HCA COPYRIGHT 1997 ACS
TI ***Development*** of ***breast*** cancer chemopreventive
drugs
- L23 ANSWER 13 OF 44 HCA COPYRIGHT 1997 ACS
TI Effects of endophyte-infected tall fescue on milk production and
mammary gland ***development*** in mice and reproductive
and lactational performance in guinea pigs and rats supplemented
with ***vitamin*** ***E***
- L23 ANSWER 14 OF 44 HCA COPYRIGHT 1997 ACS
TI Dietary fish oil inhibits human ***breast*** carcinoma
growth : a function of increased lipid peroxidation
- L23 ANSWER 15 OF 44 HCA COPYRIGHT 1997 ACS
TI The effect of ***vitamin*** ***E*** tocotrienols from palm
oil on chemically induced mammary carcinogenesis in female rats
- L23 ANSWER 16 OF 44 HCA COPYRIGHT 1997 ACS
TI Inhibition of 7,12-dimethylbenz[a]anthracene-induced lipid
peroxidation and ***mammary*** tumor ***development*** in
rats by ***vitamin*** ***E*** in conjunction with selenium
- L23 ANSWER 17 OF 44 HCA COPYRIGHT 1997 ACS
TI The effect of ***vitamin*** ***E*** tocotrienols from palm
oil on chemically-induced mammary carcinogenesis in female rats
- L23 ANSWER 18 OF 44 HCA COPYRIGHT 1997 ACS
TI Mammary cancer prevention by conjugated dienoic derivative of
linoleic acid
- L23 ANSWER 19 OF 44 HCA COPYRIGHT 1997 ACS
TI Evaluation of the role of extracellular matrix proteins,
polyunsaturated fatty acids and C-myc expression in the inhibition

of the serum-free growth of epithelial cells by TGF-.beta.1

- L23 ANSWER 20 OF 44 HCA COPYRIGHT 1997 ACS
TI Effects of antioxidants and reduced oxygen tension on rat mammary epithelial cells in culture
- L23 ANSWER 21 OF 44 HCA COPYRIGHT 1997 ACS
TI Effect of dietary fat on growth of MCF-7 and MDA-MB231 human breast carcinomas in athymic nude mice: relationship between carcinoma growth and lipid peroxidation product levels
- L23 ANSWER 22 OF 44 HCA COPYRIGHT 1997 ACS
TI A comparison of ***tocopherol*** and tocotrienol for the chemoprevention of chemically induced rat mammary tumors
- L23 ANSWER 23 OF 44 HCA COPYRIGHT 1997 ACS
TI ***Growth*** of rat ***mammary*** tumor line 64-24 in liposome-supplemented defined medium. I. Effect of liposome B components on colony growth
- L23 ANSWER 24 OF 44 HCA COPYRIGHT 1997 ACS
TI Modifying effect of polyunsaturated fatty acids on the growth of transplantable mouse tumors
- L23 ANSWER 25 OF 44 HCA COPYRIGHT 1997 ACS
TI Mammary cancer chemoprevention by inorganic and organic selenium: single agent treatment or in combination with ***vitamin*** ***E*** and their effects on in vitro immune functions
- L23 ANSWER 26 OF 44 HCA COPYRIGHT 1997 ACS
TI Effects of ***vitamin*** A and ***E*** supplementation to diets containing two different fat levels on methylnitrosourea-induced mammary carcinogenesis in female SD-rats
- L23 ANSWER 27 OF 44 HCA COPYRIGHT 1997 ACS
TI Vitamin K1 content of maternal milk: influence of the stage of lactation, lipid composition, and vitamin K1 supplements given to the mother
- L23 ANSWER 28 OF 44 HCA COPYRIGHT 1997 ACS
TI Update on the effects of vitamins A, C, and E and selenium on carcinogenesis
- L23 ANSWER 29 OF 44 HCA COPYRIGHT 1997 ACS
TI Influence of experimental diets on hepatic glutathione levels in rats with methylnitrosourea-induced mammary carcinoma
- L23 ANSWER 30 OF 44 HCA COPYRIGHT 1997 ACS
TI Infant foods
- L23 ANSWER 31 OF 44 HCA COPYRIGHT 1997 ACS
TI Anticarcinogenic effect of selenium in the dimethylbenz(a)anthracene-induced mammary tumor model in rats
- L23 ANSWER 32 OF 44 HCA COPYRIGHT 1997 ACS
TI Synergistic effect of ***vitamin*** ***E*** and selenium in the chemoprevention of mammary carcinogenesis in rats
- L23 ANSWER 33 OF 44 HCA COPYRIGHT 1997 ACS
TI Selenium-mediated inhibition of mammary carcinogenesis

- L23 ANSWER 34 OF 44 HCA COPYRIGHT 1997 ACS
TI Possibilities for dietary fat and antioxidants as modulators of mammary carcinogenesis
- L23 ANSWER 35 OF 44 HCA COPYRIGHT 1997 ACS
TI Effect of dietary ***vitamin*** ***E*** on the stability and sensory quality of turkey meat
- L23 ANSWER 36 OF 44 HCA COPYRIGHT 1997 ACS
TI Dietary ***vitamin*** ***E*** intake and mammary carcinogenesis in rats
- L23 ANSWER 37 OF 44 HCA COPYRIGHT 1997 ACS
TI Effects of dietary fat and .alpha.- ***tocopherol*** on .gamma.-glutamyltranspeptidase activity of 7,12-dimethylbenz[.alpha.]anthracene-induced mammary gland adenocarcinomas
- L23 ANSWER 38 OF 44 HCA COPYRIGHT 1997 ACS
TI Studies on the quality of breast milk during 23 months of lactation in a rural community of the Ivory Coast
- L23 ANSWER 39 OF 44 HCA COPYRIGHT 1997 ACS
TI Breast circulation and mechanism of lactation. The relation with breast temperature and ***vitamin*** ***E***
- L23 ANSWER 40 OF 44 HCA COPYRIGHT 1997 ACS
TI Storage stability (TBA) of meat obtained from turkeys receiving ***tocopherol*** supplementation
- L23 ANSWER 41 OF 44 HCA COPYRIGHT 1997 ACS
TI Effect of high-oleic and high-linoleic safflower oils on mammary tumors induced in rats by 7,12-dimethylbenz(a)anthracene
- L23 ANSWER 42 OF 44 HCA COPYRIGHT 1997 ACS
TI Free radical theory of aging. Effect of the amount and degree of unsaturation of dietary fat on mortality rate
- L23 ANSWER 43 OF 44 HCA COPYRIGHT 1997 ACS
TI Selenium distribution studies in organs of layer hens and frying chickens on normal and ***tocopherol*** -deficient diet
- L23 ANSWER 44 OF 44 HCA COPYRIGHT 1997 ACS
TI Comparative biochemistry of myopathies

?show files

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~~2ds~~

Set	Items	Description
S1	284306	BREAST OR BREASTS OR BREASTSIZ? OR MAMMA OR MAMMAR? OR MAM- MAE OR MAMMIFORM? OR MAMMIPLASIA? OR MAMMOGENE? OR MAMMOPLASI- A? OR MASTOPLASIA? OR BUST OR BUSTLINE? OR BOSOM? OR DUGS OR - TEATS
S2	7049	MAMELON? OR TETON? ? OR UDDER? ? OR NENES OR TITS OR TITTI- ES OR BOOBS OR BOOBIES OR BUBBIES OR JUGS OR BAZOOMS OR BAZON- GAS OR HOOTERS OR KNOCKERS
S3	9002	(ENLARG? OR AUGMENT? OR ENHANC? OR IMPROV? OR APPRECIAT? OR BOOST? OR INCREAS? OR AGGRANDIZ? OR EXPAND? OR EXPANS? OR IN- FLAT? OR FATTEN?)(3N)(S1 OR S2)
S4	2928	((FILL OR FILLS OR FILLED OR FILLING? ?)(N)OUT OR (BUILD? - OR BLOW? OR PUFF? OR PUMP?)(N)UP OR GAIN? OR GREATEN? OR GREA- TER? OR SIZE? ? OR SIZING? ? OR MEASUREMENT?)(3N)(S1 OR S2)
S5	20659	(DEVELOP? OR GROW? OR AMPLIF? OR SWELL? OR MAGNIF? OR DIST- ENSION? OR DISTEND? OR BLOAT? OR SWOLLEN? OR PLUMP? OR FORTIF? OR SUPPLEMENT? OR HYPERTROP? OR RAIS? OR ELEVAT? OR BIG OR B- IGGER OR BIGGEST)(3N)(S1 OR S2)
S6	31	MAMMOGEN? ? OR MAMMOSE? ? OR MAMILLATED OR MASTOPTOSIS?
S7	9274	COCOA? OR CACAO? OR THEOBROMA? ? OR SHEOBROMA? ?
S8	46936	(VIT OR VITAMIN? OR AQUASOL? ? OR ROCAVIT? ?)(2N)E OR TOCO- PHEROL? ? OR EREVIT? ?(2N)FORTE? ? OR EVION? ?
S9	112759	TOPICAL?
S10	23569	RUB OR RUBS OR RUBBED OR RUBBING? ? OR MASSAG?
S11	1831	(LARGE? ? OR LARGEST)(3N)(S1 OR S2)
S12	0	S6 AND S7
S13	0	S6 AND S8
S14	3	(S3 OR S4 OR S5 OR S11) AND S7
S15	152	(S3 OR S4 OR S5 OR S11) AND S8
S16	0	S15 AND S9
S17	0	S15 AND S10
S18	1	S14 AND S15
S19	27	(S1 OR S2) AND S7
S20	2	S19 AND S8
S21	0	S19 AND (S9 OR S10)
S22	57781	OINTMENT? OR EMOLLI? OR BALM? OR SALVE? OR LOTION? OR CREA- M? OR UNGUENT? OR UNCTION? OR LENITIVE? OR EMBROCAT? OR DEMUL- CENT? OR LINIMENT? OR ABIRRITAT?
S23	0	S19 AND S22
S24	0	S15 AND S22
S25	853	(S1 OR S2) AND S8
S26	11	S25 AND (S22 OR S9 OR S10)
S27	4	S14 OR S18 OR S20

S28 11 S26 NOT S27
S29 23 S19 NOT (S27 OR S28)

~~S30 3 RD S27 (unique items)~~

~~S31 9 RD S28 (unique items)~~

~~S32 20 RD S29 (unique items)~~

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30/7,DE/1 (Item 1 from file: 60)

DIALOG(R)File 60:CRIS/USDA

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09138223

PROJ NO: ORE00767 AGENCY : CSRS ORE SPON: USDA-CSRS

PROJ TYPE: HATCH REGIONAL PROJ NO: NC 00167

ACT TYPE: B10 (FORMULA GRANT) PROJ ID: B10UR0138223

START: 01 OCT 92 TERM: 30 SEP 97 FY: 1995

INVEST: WANDER R

NUTRITION AND FOOD MANAGEMENT

OREGON STATE UNIV

CORVALLIS OREGON 97331

HEALTH MAINTENANCE ASPECTS OF DIETARY RECOMMENDATIONS DESIGNED TO MODIFY LIPID METABOLISM

OBJECTIVES: To determine the effects of changes in the quantities and ratios of dietary fatty acids on physiological factors influencing health maintenance. To determine the impact of diets which meet the Dietary Guidelines, especially with regard to fat and fiber content, on aspects of lipid, lipoprotein and energy metabolism that influence health maintenance.

APPROACH: The consumption of n-3 fatty acids from fish oil will be compared with linoleate from corn oil or 16:0 and 18:0 from cocoa butter to determine whether fish oil modifies lipid metabolism in rat muscle and adipose tissue using a one-way factorial design. Diets high in n-3 fatty acids from fish oil and fish oil plus the oxidative stressor, methyl ethyl ketone peroxide, will be used to determine effects of increasing unsaturated fat on lipid metabolism. Lipid peroxidation will be measured by several techniques, including "LPO Determiner" kit.

KEYWORDS: #JC93-10 FISH-OIL OMEGA-3-FATTY-ACIDS OMEGA-6-FATTY-ACIDS
OXIDATION STRESS-TOLERANCE ANTIOXIDANTS KETONES PEROXIDES DIET
LIPID-METABOLISM HUMAN-NUTRITION RATS ADIPOSE-TISSUE DIETARY-FATTY-ACIDS
NUTRIENT-DISEASE-RELATIONS HUMAN-HEALTH GUIDELINES

PROGRESS: 9301 TO 9312

Several projects that address the impact of dietary lipids on coronary heart disease in both humans and animals are underway. In one, the acute effects of a single fat-rich meal on the fatty acid profile of human breast milk is being measured. The meals contain 40 g of herring oil, salmon oil, linseed oil, safflower oil, coconut oil, or chocolate. Mid-feeding breast milk samples are being collected at six different time points up to 96 hours after the fat is consumed. In a second study we will compare the response of premenopausal black and white women to a high fat diet after four weeks of consumption in a cross-over design. We will measure plasma total and low-density lipoprotein (LDL) cholesterol, susceptibility of LDL to oxidation, uptake of LDL by macrophages, accumulation of cholesteryl ester from chylomicrons remnants, and postprandial response to a high fat test meal. In a third, we will evaluate the effect of dietary monounsaturated fatty acids on eating behavior, lipids, lipoproteins, apolipoproteins, and lipid peroxidation in postmenopausal women with

non-insulin diabetes mellitus. In a fourth, we will evaluate the effect of dietary fat supplementation on horses on the immune system, lipid peroxidation, and vitamin E requirements. All these projects are in their initial stages and are funded primarily by other sources.

PUBLICATIONS: 9301 TO 9312

SKULADOTTIR, G.V., DU, S.-H., BRODIE, A.E. REED, D.J. and WANDER, R.C.
1993. Effects of dietary oils and methyl ethyl ketone peroxide on in vivo lipid peroxidation and antioxidants in rat heart and liver. Submitted. WANDER, R.C., CLARK, S.L., HU, C.Y., HOLMES, Z.A., and SCHRUMPF, E. 1993. Porcine somatotropin and frozen storage effect on lipids and quality characteristics of pork loin roast. J. Food Comp. Anal. 6:62-74.

30/7,DE/2 (Item 1 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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4887160 BIOSIS Number: 80014471
COFFEE AND METHYLBXANTHINES AND BREAST CANCER A CASE-CONTROL STUDY
LUBIN F; RON E; WAX Y; MODAN B
DEP. CLIN. EPIDEMIOLOG., CHAIM SHEBA MED. CENT., TEL-HASHOMER 52621, ISRAEL.

J NATL CANCER INST 74 (3). 1985. 569-574. CODEN: JNCIA
Full Journal Title: Journal of the National Cancer Institute
Language: ENGLISH

A dietary case-control study based on 18 newly diagnosed breast cancer (BC) patients was conducted in Israel between 1975 and 1978. The role of coffee and total methylxanthine intake from coffee, tea, cola, chocolate and cocoa drinks was evaluated in the BC patients as compared to that in 2 matched control populations [surgical controls (SC) and neighborhood controls (NC)]. Because it has been suggested that caffeine enhances mammary carcinogenesis in rats fed high polyunsaturated fat diets, analysis was done also in relation to fat consumption. When comparison was done to both matched control groups, a nonsignificant negative association was found between consumption of cups of coffee and BC (odds ratios of .gtoreq. 4 cups of coffee/day vs. .ltoreq. 1 per wk = 0.6 for BC/NC and 0.7 for BC/SC). This association was observed in all 3 ethnic subgroups studied. The pattern was stronger among the high-fat consumers after controlling for several hormonal confounding factors (2-tailed P-value for linear trend = 0.06 for SC and P = 0.05 for NC). When the consumption of methylxanthine of BC patients was compared to that of benign breast patients, adjusted by age and ethnic group, a diminished risk was found (odds ratio for BC of the highest level of methylxanthine vs. lowest level = 0.59).

Descriptors/Keywords: HUMAN COFFEE TEA COLA CHOCOLATE COCOA CARCINOGEN

30/7,DE/3 (Item 1 from file: 266)
DIALOG(R)File 266:FEDRIP
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0266505

IDENTIFYING NO.: 0138223; ORE00767 AGENCY CODE: AGRIC
HEALTH MAINTENANCE ASPECTS OF DIETARY RECOMMENDATIONS DESIGNED TO MODIFY LIPID METABOLISM
PRINCIPAL INVESTIGATOR: WANDER R
PERFORMING ORG.: OREGON STATE UNIV, NUTRITION AND FOOD MANAGEMENT, CORVALLIS, OREGON 97331
SPONSORING ORG.: U. S. DEPARTMENT OF AGRICULTURE, COOPERATIVE STATE RES

SER

DATES: 921001 TO 970930

SUMMARY: OBJECTIVE: To determine the effects of changes in the quantities and ratios of dietary fatty acids on physiological factors influencing health maintenance. To determine the impact of diets which meet the Dietary Guidelines, especially with regard to fat and fiber content, on aspects of lipid, lipoprotein and energy metabolism that influence health maintenance.

APPROACH: The consumption of n-3 fatty acids from fish oil will be compared with linoleate from corn oil or 16:0 and 18:0 from cocoa butter to determine whether fish oil modifies lipid metabolism in rat muscle and adipose tissue using a one-way factorial design. Diets high in n-3 fatty acids from fish oil and fish oil plus the oxidative stressor, methyl ethyl ketone peroxide, will be used to determine effects of increasing unsaturated fat on lipid metabolism. Lipid peroxidation will be measured by several techniques, including "LPO Determiner" kit.

PROGRESS REPORT SUMMARY: PROGRESS: Several projects that address the impact of dietary lipids on coronary heart disease in both humans and animals are underway. In one, the acute effects of a single fat-rich meal on the fatty acid profile of human breast milk is being measured. The meals contain 40 g of herring oil, salmon oil, linseed oil, safflower oil, coconut oil, or chocolate. Mid-feeding breast milk samples are being collected at six different time points up to 96 hours after the fat is consumed. In a second study we will compare the response of premenopausal black and white women to a high fat diet after four weeks of consumption in a cross-over design. We will measure plasma total and low-density lipoprotein (LDL) cholesterol, susceptibility of LDL to oxidation, uptake of LDL by macrophages, accumulation of cholesteryl ester from chylomicrons remnants, and postprandial response to a high fat test meal. In a third, we will evaluate the effect of dietary monounsaturated fatty acids on eating behavior, lipids, lipoproteins, apolipoproteins, and lipid peroxidation in postmenopausal women with non-insulin diabetes mellitus. In a fourth, we will evaluate the effect of dietary fat supplementation on horses on the immune system, lipid peroxidation, and vitamin E requirements. All these projects are in their initial stages and are funded primarily by other sources.

DESCRIPTORS: #JC93-10 FISH-OIL OMEGA-3-FATTY-ACIDS OMEGA-6-FATTY-ACIDS
OXIDATION STRESS-TOLERANCE ANTIOXIDANTS KETONES PEROXIDES DIET
LIPID-METABOLISM HUMAN-NUTRITION RATS ADIPOSE-TISSUE DIETARY-FATTY-ACIDS
NUTRIENT-DISEASE-RELATIONS HUMAN-HEALTH GUIDELINES
?t s31/7,de/1-9

31/7,DE/1 (Item 1 from file: 5)
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4964113 BIOSIS Number: 80091424

VITAMIN E CONCENTRATIONS IN SERUM OF NEWBORN INFANTS AFTER TOPICAL USE OF VITAMIN E BY NURSING MOTHERS

MARX C M; IZQUIERDO A; DRISCOLL J W; MURRAY M-A; EPSTEIN M F
JOINT PROGRAM NEONATOLOGY, BRIGHAM AND WOMEN'S HOSPITAL, 75 FRANCIS ST.,
BOSTON, MA 02115.

AM J OBSTET GYNECOL 152 (6 PART 1). 1985. 668-670. CODEN: AJOGA

Full Journal Title: American Journal of Obstetrics and Gynecology

Language: ENGLISH

A study presented is that examined the effect of topical application of vitamin E by nursing mothers. [It has become a popular treatment for sore nipples due to breast-feeding. Although there have been no reported adverse effects of maternal topical vitamin E on nursing infants, the effect of the vitamin E oil on the serum vitamin E levels of newborn infants was measured as an index of its safety.]

Descriptors/Keywords: SORE NIPPLES SAFETY INDEX

31/7,DE/2 (Item 1 from file: 73)
DIALOG(R)File 73:EMBASE
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9272793 EMBASE No: 94190001

Lupus erythematosus panniculitis with morphea-like lesions

Stork J.; Vosmik F.

2nd Department of Dermatology, Charles University, U nemocnice 2, 120 00
Praha 2 Czech Republic

CLIN. EXP. DERMATOL. (United Kingdom) , 1994, 19/1 (79-82) CODEN: CEDED
ISSN: 0307-6938

LANGUAGES: English SUMMARY LANGUAGES: English

A 22-year-old female with morphea-like lesions, deep subcutaneous nodules and lipoatrophic areas of the skin on lateral aspects of the upper arms, on the breasts and on the buttocks is described. In 1990 a biopsy specimen obtained from a subcutaneous nodule showed hyaline necrosis of fat tissue; there were no epidermal changes. Direct immunofluorescence revealed granular deposits of IgM at the dermo-epidermal junction of the skin overlying the subcutaneous nodule. In a biopsy specimen taken at the onset of the disease in 1988, hyaline sclerosis of the deep dermis, follicular hyperkeratosis and vacuolar degeneration in the epidermis were described. There was weak positivity for antinuclear antibodies. The diagnosis of lupus erythematosus panniculitis (LEP) was made. Administration of chloroquine resulted in complete clearing of nodules in 3 months. The reported case demonstrates the difficulties in establishing the diagnosis of LEP in patients who present with subcutaneous disease, morphea-like lesions and who do not have other clinical or laboratory evidence of lupus erythematosus. The differential diagnosis of LEP and deep morphea is discussed.

DRUG DESCRIPTORS:

*chloroquine--drug therapy--dt; *betamethasone dipropionate--drug therapy--dt

procaine penicillin--drug therapy--dt; alpha tocopherol--drug therapy--dt; hydrocortisone--drug therapy--dt; hyaluronidase--drug therapy--dt; escin--drug therapy--dt; heparin--drug therapy--dt

MEDICAL DESCRIPTORS:

*lupus erythematosus--diagnosis--di; *lupus erythematosus--drug therapy--dt; *morphea--diagnosis--di; *morphea--complication--co

human; case report; human tissue; clinical trial; female; adult; oral drug administration; intramuscular drug administration; topical drug administration; regional perfusion; priority journal; article

31/7,DE/3 (Item 2 from file: 73)
DIALOG(R)File 73:EMBASE
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9265248 EMBASE No: 94211064

Current strategies of cancer chemoprevention: 13th Sapporo Cancer Seminar
Boone C.W.

Div. of Cancer Prevention/Control, National Cancer Institute, NIH,
Bethesda, MD 20852 USA

CANCER RES. (USA) , 1994, 54/12 (3315-3318) CODEN: CNREA ISSN:
0008-5472

LANGUAGES: English

DRUG DESCRIPTORS:

*fenretinide--drug dose--do; *fenretinide--drug therapy--dt; *polyprenoic

acid--clinical trial--ct; *polyprenoic acid--drug therapy--dt; *
acetylsalicylic acid--drug therapy--dt; *acetylsalicylic acid--pharmacology
--pd; *piroxicam--clinical trial--ct; *piroxicam--drug dose--do; *retinoic
acid--adverse drug reaction--ae; *limonene--drug comparison--cm; *limonene
--pharmacology--pd; *pyridine derivative--drug administration--ad; *
pyridine derivative--pharmacology--pd; *lipxygenase inhibitor--drug
administration--ad; *lipxygenase inhibitor--pharmacology--pd
sarcophytol a--drug comparison--cm; sarcophytol a--pharmacology--pd; phenol
derivative; epigallocatechin--pharmacology--pd; tumor necrosis factor alpha
--endogenous compound--ec; arachidonic acid--endogenous compound--ec;
indometacin--pharmacology--pd; krestin--drug administration--ad; krestin
--pharmacology--pd; beta carotene; retinol; alpha fetoprotein--endogenous
compound--ec; bismuth nitrate--drug administration--ad; bismuth nitrate
--pharmacology--pd; prostaglandin synthase--endogenous compound--ec;
nonsteroid antiinflammatory agent--adverse drug reaction--ae; nonsteroid
antiinflammatory agent--drug therapy--dt; nonsteroid antiinflammatory agent
--pharmacology--pd; coumarin derivative--drug therapy--dt; alpha tocopherol
; selenomethionine; carotenoid; lipxygenase--endogenous compound--ec;
tamoxifen--drug dose--do; tamoxifen--drug therapy--dt; isotretinoin
--adverse drug reaction--ae; isotretinoin--clinical trial--ct; isotretinoin
--drug combination--cb; isotretinoin--drug therapy--dt; unindexed drug;
unclassified drug

MEDICAL DESCRIPTORS:

*head and neck cancer--drug therapy--dt; *head and neck cancer--prevention
--pc; *breast cancer--drug therapy--dt; *breast cancer--prevention--pc; *
liver cancer--drug therapy--dt; *melanoma--drug therapy--dt; *melanoma
--prevention--pc; *lung cancer--drug therapy--dt; *lung cancer
--radiotherapy--rt; *colon cancer
cancer prevention; dry skin--side effect--si; conjunctivitis--side effect
--si; cheilitis--side effect--si; cancer recurrence; gastrointestinal
symptom--side effect--si; hyperlipidemia--side effect--si; teratogenicity
--side effect--si; hyperostosis--side effect--si; tea; carcinogenesis;
enzyme inhibition; antineoplastic activity; in situ hybridization; high
performance liquid chromatography; human; nonhuman; clinical trial;
randomized controlled trial; double blind procedure; controlled study; oral
drug administration; topical drug administration; priority journal;
conference paper

31/7,DE/4 (Item 3 from file: 73)
DIALOG(R)File 73:EMBASE
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9063227 EMBASE No: 94009187

Lichen sclerosus et atrophicus confined to the areolae (3)
Starzycki Z.
Dermatology Clinic, Collegium Medicum, Jagiellonian University, ul.
Kopernika 19a, 31-501 Cracow Poland
BR. J. DERMATOL. (United Kingdom) , 1993, 129/6 (748-749) CODEN: BJDEA
ISSN: 0007-0963

LANGUAGES: English

DRUG DESCRIPTORS:

*alpha tocopherol--drug therapy--dt; *alpha tocopherol--drug combination
--cb; *testosterone--drug therapy--dt; *testosterone--drug combination--cb;
*hydrocortisone butyrate--drug therapy--dt; *hydrocortisone butyrate--drug
combination--cb

MEDICAL DESCRIPTORS:

*lichen sclerosus et atrophicus--diagnosis--di; *lichen sclerosus et
atrophicus--drug therapy--dt; *breast areola
human; case report; human tissue; female; adult; oral drug administration;

topical drug administration; priority journal; letter

31/7,DE/5 (Item 4 from file: 73)
DIALOG(R)File 73:EMBASE
(c) 1997 Elsevier Science B.V. All rts. reserv.

7992756 EMBASE No: 91023741
Association of Plastic and Reconstructive Surgeons of Southern Africa
(APRSSA)
S. AFR. MED. J. (South Africa) , 1990, 78/10 (617-619) CODEN: SAMJA
ISSN: 0038-2469
LANGUAGES: English
DRUG DESCRIPTORS:
*alpha tocopherol--drug therapy--dt; *antibiotic agent
MEDICAL DESCRIPTORS:
*scar; *breast reconstruction--surgery--su; *wound healing--drug therapy
--dt; *infection; *breast cancer--surgery--su; *cleft lip face palate
--surgery--su
smoking; mastectomy; human; female; topical drug administration; priority
journal; conference paper

31/7,DE/6 (Item 5 from file: 73)
DIALOG(R)File 73:EMBASE
(c) 1997 Elsevier Science B.V. All rts. reserv.

7138477 EMBASE No: 88135061
Clinical assessment of fibrocystic mastopathy treated locally with
percutaneous progesterone and orally with tocopherol and retinoids
Scibilia M.; Trapani A.
Ospedale Generale Provinciale Umberto I di Siracusa, Servizio di
Ginecologia Oncologica, Siracusa Italy
G. ITAL. SENOLOGIA (Italy) , 1988, 9/2 (95-99) CODEN: GISED ISSN:
0391-9056
LANGUAGES: Italian SUMMARY LANGUAGES: English
DRUG DESCRIPTORS:
*progesterone--drug therapy--dt; *progesterone--drug combination--cb; *
progesterone--clinical trial--ct; *tocopherol--drug therapy--dt; *
tocopherol--drug combination--cb; *tocopherol--clinical trial--ct; *retinol
palmitate--drug therapy--dt; *retinol palmitate--drug combination--cb; *
retinol palmitate--clinical trial--ct
MEDICAL DESCRIPTORS:
*endocrine disease; *cystic fibrosis--diagnosis--di; *cystic fibrosis
--therapy--th
breast tumor; adult; echotomography

31/7,DE/7 (Item 6 from file: 73)
DIALOG(R)File 73:EMBASE
(c) 1997 Elsevier Science B.V. All rts. reserv.

6099652 EMBASE No: 86094712
Chemoprevention: An oncologist's view
Carbone P.P.
Department of Human Oncology, Wisconsin Clinical Cancer Center,
University of Wisconsin Medical School, Madison, WI 53792 USA
WISC. MED. J. (USA) , 1986, 85/1 (24-26) CODEN: WMJOA
LANGUAGES: ENGLISH
DESCRIPTORS:

*pharmacotherapy (0029544); *drug indication (0218079); *drug safety (0198096); *drug toxicity (0014415); *cancer prevention (0007538); *calcium (0007352); *diet (0013307); *fiber (0115330); *retinol (0210229); *selenium (0043530); *ascorbic acid (0003834); *alpha tocopherol (0197068); *beta carotene (0005081); *sodium selenite (0044895); *tamoxifen (0209319); *retinoic acid (0041693); *placebo (0037604); *folic acid (0018160); *cyanocobalamin (0012049); *wheat (0058289); *dietary fiber (0147792); *retinol acetate (0236489); *acetylsalicylic acid (0000406); *pyridoxine (0040391)

31/7,DE/8 (Item 7 from file: 73)
DIALOG(R)File 73:EMBASE
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5540839 EMBASE No: 84036505

Selenium interactions with carcinogens

Whanger P.D.

Department of Agricultural Chemistry, Oregon State University, Corvallis,
OR 97331 USA

FUNDAM. APPL. TOXICOL. (USA) , 1983, 3/5 (424-430) CODEN: FAATD

LANGUAGES: ENGLISH

DESCRIPTORS:

*selenium (0043530); *cancerogenic agent (0007788); *drug efficacy (0124994); *chemical cancerogenesis (0059217); *cancer (0007517); *protective agent (0039564); *bis(2 oxopropyl)nitrosamine (0247794); *1,2 dimethylhydrazine (0055332); *azoxymethane (0341760); *alpha tocopherol (0197068); *coal tar (0010021); *ascorbic acid (0003834); *benz(a)anthracene (0109116); *retinol (0210229); *pyrene (0233625); *retinoic acid (0041693); *7,12 dimethylbenz(a)anthracene (0475870); *butylated hydroxyanisole (0164344); *n (2 fluorenyl)acetamide (0386724); *butylcresol (0087574); *aflatoxin b1 (0001200); *ethoxyquin (0016309); *4 dimethylamino 3' methylazobenzene (0089234); *n methyl n nitrosourea (0081547)
interaction (0023897)

31/7,DE/9 (Item 8 from file: 73)
DIALOG(R)File 73:EMBASE
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2132347 EMBASE No: 81017694

The influence of vitamin E on capsule formation and contracture around
silicone implants

Peters C.R.; Shaw T.E.; Raju D.R.

Dept. Plast. Surg., Cleveland Clin., Cleveland, Ohio USA

ANN. PLAST. SURG. (USA) , 1980, 5/5 (347-352) CODEN: APCSD

LANGUAGES: ENGLISH

An attempt was made to determine if the tissue response to surgical trauma and foreign body stimulus (silicone implants) could be altered using vitamin E in rats. The animals were divided into four groups: Group A served as controls, Group B were treated by intramuscular vitamin E, Group C were treated topically with vitamin E around the prosthesis, and Group D were treated topically with croton oil around the prosthesis. The animals in each group were killed at 2 week, 1 month, and 3 month intervals. The intraprosthetic pressure in each prosthesis was recorded using a strain gauge transducer. The capsules were then removed and examined histologically using a light microscope and the thickness of pseudocapsules was measured with an ocular micrometer. In Group B significantly thinner pseudocapsules were observed at 2 weeks, but there was no comparable

difference either in thickness or degree of contracture (as measured by intraprosthetic pressures) between Groups A and B at 2 months and 3 months. In Group C, the pseudocapsules were significantly thicker at all tested periods and showed noticeable contracture at 3 months. In Group D the pseudocapsules were thickest and cellular infiltrate more marked than in the other groups.

DESCRIPTORS:

*breast endoprosthesis (0178372); *fibrosis (0017715); *contracture (0011066); *vitamin (0051841); *alpha tocopherol (0197068); *silicone (0044181); *croton oil (0011837)
tissue reaction (0048836)

?t s32/7,de/1-20

32/7,DE/1 (Item 1 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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13241177 BIOSIS Number: 99241177

Glucose and norepinephrine challenges during abomasal infusion of cis or trans octadecenoates in Holstein cows

Gaynor P J; Erdman R A; Teter B B; Capuco A V; Waldo D R

Dep. Animal Sci., Univ. Md., College Park, MD 20742, USA

Journal of Dairy Science 79 (9). 1996. 1590-1595.

Full Journal Title: Journal of Dairy Science

ISSN: 0022-0302

Language: ENGLISH

Print Number: Biological Abstracts Vol. 102 Iss. 011 Ref. 156807

This experiment determined the effects of infusion of mixtures of fat containing predominantly cis-C-18:1 or trans-C-18:1 fatty acids into the abomasum on responses of cows to glucose and norepinephrine challenges administered i.v. Six lactating Holstein cows, each with a rumen cannula, were arranged in two Latin squares with 21-d periods. The common basal diet contained 40% forage and 60% concentrate. Treatments were the uninfused control, 750 g/d of a cis fat mixture (65% high oleic sunflower oil and 35% cocoa butter), and 750 g/d of a trans fat mixture (93% shortening and 7% corn oil) infused into the abomasum via a tube that passed through the rumen cannula. Glucose challenges (0.4 mg/kg of BW, administered i.v.) were conducted on d 18, and norepinephrine challenges (0.7 μ -g/kg of BW, administered i.v.) were conducted on d 19 of each experimental period. Despite a lower percentage of fat in milk for trans than for cis treatment, disappearance rates of glucose, secretion of insulin after glucose challenge, and appearance rates of NEFA and triglycerides after norepinephrine challenge were similar between treatments. Thus, these data support the hypothesis that trans-C-18:1 fatty acids affect the synthesis of milk fat in the mammary gland of lactating cows.

Descriptors/Keywords: RESEARCH ARTICLE; MAMMAL; HOLSTEIN; LACTATING; FEMALE; COW; ANIMAL HUSBANDRY; VETERINARY MEDICINE; DAIRY INDUSTRY; GLUCOSE; NOREPINEPHRINE; ABOMASAL INFUSION; CIS OCTADECENOATES; TRANS OCTADECENOATES; FATTY ACIDS; MILK FAT DEPRESSION

32/7,DE/2 (Item 2 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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11566515 BIOSIS Number: 98166515

Milk fat yield and composition during abomasal infusion of Cis or Trans octadecenoates in Holstein cows

Gaynor P J; Erdman R A; Teter B B; Sampugna J; Capuco A V; Waldo D R;

Hamosh M

Dep. Anim. Sci., Univ. Maryland, College Park, MD 20742, USA

Journal of Dairy Science 77 (1). 1994. 157-165.

Full Journal Title: Journal of Dairy Science

ISSN: 0022-0302

Language: ENGLISH

Print Number: Biological Abstracts Vol. 099 Iss. 008 Ref. 106818

The role of trans-C-18:1 fatty acids in milk fat depression was examined. Six rumen-cannulated Holstein cows were assigned to two Latin squares with 21-d periods. The common basal diet contained 40% forage and 60% concentrate. Treatments were the uninfused control, 750 g/d of a mixture of cis fat (65% high oleic sunflower oil and 35% cocoa butter), and 750 g/d of a mixture of trans fat (93% shortening and 7% corn oil) infused into the abomasum via a tube that passed through the rumen cannula. Milk yield was similar among treatments. Milk fat percentage and yield were lower, and milk citrate concentration was higher, for the trans than the cis treatment. Changes in the fatty acid composition of milk were similar for the cis and trans treatments compared with the control except for trans-C-18:1. The concentration of trans-C-18:1 was greater for the cis and trans treatments than for the control and was greater for the trans than for the cis treatment. These data clearly demonstrated that infusion of trans-C-18:1 fatty acids into the abomasum depressed milk fat percentage and yield. We speculate that reduced synthesis of fatty acids and reduced activity of acyl transferase in mammary tissue contributed to depressed milk fat percentage for the trans treatment.

Descriptors/Keywords: RESEARCH ARTICLE; MAMMAL; DAIRY INDUSTRY; DIGESTION; MANAGEMENT

32/7,DE/3 (Item 3 from file: 5)

DIALOG(R)File 5:BIOSIS PREVIEWS(R)

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10492268 BIOSIS Number: 96092268

THE VIROBACTERIAL AGGLUTINATION TEST AS A RAPID MEANS OF DETECTING COCOA SWOLLEN SHOOT VIRUS

HUGHES J D; OLLENNU L A

COCOA RES. INST. GHANA, P.O. BOX 8, NEW TAFO, EASTERN REGION, GHANA.

ANN APPL BIOL 122 (2). 1993. 299-310. CODEN: AABIA

Full Journal Title: Annals of Applied Biology

Language: ENGLISH

The virobacterial agglutination (VBA) test was developed as a means of detection of cocoa swollen shoot virus (CSSV). Identification of CSSV-infected Theobroma cacao in the field has only been possible by visual examination of symptoms, by virus transmission using mealybugs and by grafting to induce symptom expression in Amelonado cocoa seedlings. Detection of latent infection has not been possible even using enzyme-linked immunosorbent assays (ELISA). The VBA test successfully detected CSSV in infected sap diluted to 1/2560. Antisera to a range of mild and severe CSSV isolates were tested, and the results suggest a close relationship between seven isolates (1A, Bosomtwi, Bosomuoso, Nkrankwanta, Nsaba, Seidi-Nkawie and SS365B) while the mild isolate N1 appears to be less closely related. The VBA test was compared with both direct and indirect ELISA in the field. Only VBA detected all the cocoa trees which were known to be infected and additionally identified infection in many symptomless trees.

Descriptors/Keywords: THEOBROMA-CACAO PLANT MICROORGANISM SYMPTOMLESS TREES
ELISA METHOD CROP INDUSTRY AGRICULTURE

32/7,DE/4 (Item 4 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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8647271 BIOSIS Number: 92112271

BIOMASS OF A MATURE CACAO THEOBROMA-CACAO L. STAND IN NIGERIA

OPAKUNLE J S

DEP. BIOL., OYO STATE COLL. EDUC., ILA-ORANGUN, NIGERIA.

TROP ECOL 32 (1). 1991. 30-35. CODEN: ISTE B

Full Journal Title: Tropical Ecology

Language: ENGLISH

The biomass of a mature cacao stand in Ibadan, Nigeria was estimated by three allometric regression models: (a) $\log Y = a + b \log (\text{dag})$; (b) $\log Y = a + b \log (\text{dbh})$, (c) $\log Y = a + b \log (\text{dag}^2 \text{h})$, where 'dag' is the diameter at 10 cm above the ground, 'dbh' diameter at breast height (1.3 m) and 'h' height. Model (a) gave the best regression fit for branches, leaves, roots and total tree biomass, while model (c) gave the best fit for the bole biomass. Model (b) gave the least regression fit in all the components. By model (a), the total biomass of the cacao stand was 62.5 times 103 kg ha⁻¹, of which the bole, branches, leaves, roots and fruits constituted 46.7%, 19.0%, 5.9%, 25.9% and 2.4% respectively.

Descriptors/Keywords: BOLE BRANCHES ROOT FRUIT LEAF BIOMASS DISTRIBUTION
MATHEMATICAL MODEL

32/7,DE/5 (Item 5 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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8192678 BIOSIS Number: 91113678

CHRONIC TOXICITY-CARCINOGENICITY STUDIES OF COCOA POWDER IN RATS

TARKA S M JR; MORRISSEY R B; APGAR J L; HOSTETLER K A; SHIVELY C A

HERSHEY FOODS CORP. TECHNICAL CENT., PO BOX 805, HERSHEY, PA. 17033-0805.

FOOD CHEM TOXICOL 29 (1). 1991. 7-20. CODEN: FCTOD

Full Journal Title: Food and Chemical Toxicology

Language: ENGLISH

Cocoa powder (CP) was fed at levels of 0.0 (control), 1, 5, 3.5 and 5.0% for 104 wk to male and female Sprague-Dawley rats derived from the F3b generation of a multigeneration study using the same CP diets. Initial methylxanthine intake was high in all treatments groups, but steadily declined until wk 26. The high dose level provided a mean methylxanthine intake of approximately 57 mg/kg body weight/day for males and 74 mg/kg body weight/day for females from wk 26 to wk 104 of the study. Compared with controls, the historical trend of methylxanthine-associated growth stimulation was evident in rats consuming diets containing 1.5% CP, while body weight was reduced in rats consuming diets containing 3.5 and 5.0% CP. Survival rates were similar in control and CP-fed rats. No evidence of treatment-related clinical disease or ocular effects was noted. An increased incidence of bilateral testicular atrophy and aspermatogenesis was present in males consuming diets containing 5.0% CP. Non-suppurative myocarditis and interstitial fibrosis of the heart were also increased in incidence in both sexes receiving diets containing 5.0% CP. The overall incidence of both pelvic dilatation and renal pelvic microcalculi were increased in most treatment in most treatment groups. Although there was no difference in the incidence of benign mammary gland fibroadenomas in female rats between the control group and any CP-fed group, a marginally significant ($P = 0.04$) trend test was apparent. The significance of this finding is doubtful, since the incidence of this lesion in the highest dose group was well within the historical control range for this strain of rats. No evidence of carcinogenicity from dietary CP was found in either sex.

Descriptors/Keywords: MAMMAL FOOD INDUSTRY METHYLXANTHINE SAFETY
REPRODUCTIVE DISEASE

32/7,DE/6 (Item 6 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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7690901 BIOSIS Number: 90058901

FLORISTIC STUDY OF ONE HECTARE OF UPLAND FOREST AT KILOMETER 15 OF
PRESIDENTE MEDICI-COSTA MARQUES HIGHWAY RO-429 RONDONIA BRAZIL

MACIEL U N; LISBOA P L B

SCT-PR/CNPQ/MUSEU PARAENSE EMILIO GOELDI, DEP. BOTANICA.

BOL MUS PARA EMILIO GOELDI SER BOT 5 (1). 1989. 25-38. CODEN: BMPBE

Full Journal Title: Boletim do Museu Paraense Emilio Goeldi Serie

Botanica

Language: PORTUGUESE

This article present data of 1 ha inventory of upland forest in the state of Rondonia, at Km 15 of the Presidente Medici- Costa Marques highway. The inventory areas was divided into 40 sub-areas of 25 m X 10 m. All individuals with girth at breast height (GBH) 30 cm were surveyed for measurements of DBH an stem height. Wood volume and basal area was calculated for each species. A total 602 individuals 90 species, a wood volume of 320,820 m³ and a basal area of 34.47 m²/ha were found in the 1 ha area. The most abundant species were: Theobroma cacao (23,6%), Guarea kunthiana (8,5%) e Guadua superba (7,3%). The Galesia integrifolia species (18,1%), showed the most Species Importance Value.

Descriptors/Keywords: THEOBROMA-CACAO GUAREA-KUNTHIANA GUADUA-SUPERBA
GALESIA-INTEGRIFOLIA SPECIES IMPORTANCE VALUE PHYTOSOCIOLOGY

32/7,DE/7 (Item 7 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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7356259 BIOSIS Number: 89007278

TAURINE CONTENT IN FOODS

PASANTES-MORALES H; QUESADA O; ALCOCER L; OLEA R S

INST. FISIOL. CELULAR, UNIV. NACIONAL AUTON. MEXICO, MEXICO.

NUTR REP INT 40 (4). 1989. 793-802. CODEN: NURIB

Full Journal Title: Nutrition Reports International

Language: ENGLISH

The taurine content of foods including fruits, vegetables, seeds, nuts, cereals, meat, seafood, and dairy products was examined in this study. The highest concentration of taurine was found in clams and octopus (41.4 .mu.moles/g and 31.2 .mu.moles/g), followed by shrimp and fish (12.4 .mu.moles/g and 9.1 .mu.moles/g). Beef, pork and lamb meat contain taurine in concentrations ranging 3.5-4.0 .mu.moles/g. Taurine concentration in chicken leg was 6.6 .mu.moles/g and in chicken breast was 1.4 .mu.moles/g. No taurine was found either in hen eggs (yolk or white) or in dairy products or in honey. Taurine was undetectable in fruits and vegetables. From the seeds, cereals and grains examined, rice, corn, oatmeal, rye, wheat, barley, seasame seed, coffee and cacao, contain no taurine. Pumpkin seeds contain 13.5 nmoles/g, black beans 9.2 nmoles/g, horse beans 12.9 nmoles/g, and chick peas 18.7 nmoles/g. No taurine was detected in peanuts. Walnuts, almonds, cashews, hazelnuts and pinenuts contained taurine in concentrations ranging 15-46 nmoles/g. Pistachios contained very low amounts of taurine (4.9 nmoles/g). All analysis were carried out in uncooked samples. The interest of these results is considered in terms of reported evidences on the deletereous consequences of taurine deficiency in

animals and humans.

Descriptors/Keywords: HUMAN CAT RAT MONKEY FRUIT VEGETABLE SEEDS NUTS
CEREAL MEAT SEAFOOD DAIRY PRODUCT TAURINE DEFICIENCY

32/7,DE/8 (Item 8 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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7336433 BIOSIS Number: 38116954

COMPARATIVE EFFECTS OF COCOA BUTTER AND OTHER DIETARY FATS ON MAMMARY
TUMORIGENESIS IN RATS

APGAR J L; SHIVELY C A

HERSHEY FOODS CORP., HERSHEY, PA. 17033.

74TH ANNUAL MEETING OF THE FEDERATION OF AMERICAN SOCIETIES FOR
EXPERIMENTAL BIOLOGY, PART I, WASHINGTON, D.C., USA, APRIL 1-5, 1990. FASEB
(FED AM SOC EXP BIOL) J 4 (3). 1990. A666. CODEN: FAJOE

Language: ENGLISH

Descriptors/Keywords: ABSTRACT 7 12 DIMETHYLBENZ-A-ANTHRACENE CARCINOGEN
CORN OIL PEANUT OIL PALM KERNEL OIL BUTTER FAT

32/7,DE/9 (Item 9 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)
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5932646 BIOSIS Number: 84065211

DIMENSIONS VOLUMES AND GROWTH OF CORDIA-ALLIODORA IN AGROFORESTRY SYSTEMS
SOMARRIBA E J; BEER J W

DEP. RENEWABLE NATURAL RESOURCES, CATIE, TURRIALBA, COSTA RICA.

FOR ECOL MANAGE 18 (2). 1987. 113-126. CODEN: FECMD

Full Journal Title: Forest Ecology and Management

Language: ENGLISH

In Central America, combinations of the timber tree laurel (*Cordia alliodora* (R & P) Oken) with coffee (*Coffea arabica* L.), cacao (*Theobroma cacao* L.) or pastures, are amongst the best examples of traditional agroforestry. Growth data, taken annually for 5-8 years in twelve permanent agroforestry sample plots, together with annual ring counts of basal discs and stem volume measurements of felled *C. alliodora*, were analyzed to determine whether the factors of site and associated crop affect laurel growth rates as well as the following relationships: (D) diameter at breast height-total height (H); D-age (A). These two factors had no influence on the D-H relationship. The permanent plot measurements indicated that D growth rates increased in the order: pasture; sugar cane (*Saccharum cvs* L.); coffee; cacao; but the ring growth analysis did not detect any significant differences. On average, predicted growth rates are 3 cm/year to age 5, 2 cm/year between ages 5 and 10, and a D of 55 cm after 34 years, which was calculated to be the optimal biological rotation. The real commercial volume (VCR) obtained by farmers is only 64% of the total overbark stem volume (V), but if silviculture were improved the VCR could be considerably increased. A predictive equation for V is presented as well as the average form factors for V (0.425) and VCR (0.272). Considering the average *C. alliodora* densities reported in this study (68-290 trees/ha), a 34-year rotation would give a V of 298-690 m³/ha and a VCR of 191-442 m³/ha.

Descriptors/Keywords: COFFEA-ARABICA THEOBROMA-CACAO SACCHARUM-SP

32/7,DE/10 (Item 10 from file: 5)
DIALOG(R)File 5:BIOSIS PREVIEWS(R)

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4839147 BIOSIS Number: 79081462

DETECTION OF STAPHYLOCOCCAL ENTEROTOXIGENICITY 4. STRAINS ISOLATED IN 1981 AND 1982

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INSTITUTE OF HYGIENE AND EPIDEMIOLOGY, SROBAROVA 48, 100 42 PRAGUE 10, CZECHOSLOVAKIA.

J HYG EPIDEMIOL MICROBIOL IMMUNOL (PRAGUE) 28 (3). 1984. 287-295.

CODEN: JHEMA

Full Journal Title: Journal of Hygiene Epidemiology Microbiology and Immunology (Prague)

Language: ENGLISH

Enterotoxin A, B, C, D and E detection and typing was undertaken in 807 staphylococcal strains isolated from food, breast milk, clinical material, diarrheal stools and hospital-collected swabs in 1981 and 1982. Of the strains, 166 produced enterotoxin, most frequently type A or C, less so type D or B. There were single instances of strains with double toxin production: AB, AC or AD. Supernatants (910) collected in 1972-1973 were additionally tested (after a lapse of 8 yr) for type D enterotoxin; there were 152 positive specimens, predominantly relating to strains isolated from tinned cocoa and delicatessen, with 26 of the supernatants containing AD or BD enterotoxin combinations. For the 1st time, strains producing enterotoxin F and the combinations AD and BD were detected.

Descriptors/Keywords: HUMAN FOOD BREAST MILK CLINICAL SPECIMENS DIARRHEAL STOOLS HOSPITAL-COLLECTED SWABS

32/7,DE/11 (Item 11 from file: 5)

DIALOG(R)File 5:BIOSIS PREVIEWS(R)

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660331 BIOSIS Number: 52095296

PITUITARY GROWTH HORMONE AND HYPOTHALAMIC GROWTH HORMONE RELEASING FACTOR AFTER MEDIAN EMINENCE IMPLANTATION OF OVINE OR HUMAN GROWTH HORMONE

VOOGT J L; CLEMENS J A; NEGRO-VILAR A; WELSCH C; MEITES J

ENDOCRINOLOGY 88 (6). 1971 1363-1367. CODEN: ENDOA

Full Journal Title: Endocrinology

Descriptors/Keywords: RAT MAMMARY GLAND COCOA-D BUTTER HORMONE-DRUG

32/7,DE/12 (Item 1 from file: 73)

DIALOG(R)File 73:EMBASE

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9835597 EMBASE No: 96017932

Maternal intake of cruciferous vegetables and other foods and colic symptoms in exclusively breast-fed infants

Lust K.D.; Brown J.E.; Thomas W.

Division of Epidemiology, School of Public Health, University of Minnesota, 1300 S 2nd St, Minneapolis, MN 55454 USA

Journal of the American Dietetic Association (USA) , 1996, 96/1 (47-48)

CODEN: JADAA ISSN: 0002-8223

LANGUAGES: English SUMMARY LANGUAGES: English

Objective: We sought to assess relationships among components of maternal diet and the presence of colic symptoms among exclusively breast-fed infants aged less than or equal to 4 months. Design: Data were collected by means of a mailed questionnaire that solicited information on the presence of symptoms of colic in infants and maternal intake of 15 foods (including four cruciferous vegetables) during the week before completion of the

questionnaire. Subjects: Exclusively breast-feeding women (n=272) and their 273 infants aged less than or equal to 4 months. Statistical analyses performed: Dietary variables were analyzed categorically by logistic regression. Two-by-two tables were used to calculate relative risks. Results: Relative risks (RRs) and 95% confidence intervals (CIs) for colic symptoms by food items the mothers consumed ranged from 0.7 (CI=0.3 to 1.5) for beef to 2.0 (CI=1.1 to 3.5) for cow's milk. Maternal intake of cabbage (RR=1.3, CI=1.1 to 1.5), cauliflower (RR=1.2, CI=1.0 to 1.4), broccoli (RR=1.3, CI=1.0 to 2.2), cow's milk (RR=2.0, CI=1.1 to 3.5), onion (RR=1.7, CI=1.1 to 2.5), and chocolate (Rr=1.5, CI=1.0 to 2.2) were significantly related to colic symptoms. Maternal intake of more than one cruciferous vegetable was associated with an RR of 1.6 (CI=1.1 to 2.4) for infants experiencing one or more colic symptoms. Conclusion: Results of this study provide initial evidence that maternal intake of cruciferous vegetables, cow's milk, onion, or chocolate during exclusive breast-feeding is associated with colic symptoms in young infants.

MEDICAL DESCRIPTORS:

*colic--etiology--et; *infant nutrition; *breast feeding questionnaire; maternal behavior; dietary intake; vegetable; onion; cacao; milk; gastrointestinal symptom--etiology--et; risk assessment; regression analysis; human; major clinical study; infant; adult; article

32/7,DE/13 (Item 2 from file: 73)
DIALOG(R)File 73:EMBASE
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8356130 EMBASE No: 92028407

Preformulation study of progesterone from dosage form design. Release characteristics and bioavailability of progesterone suppositories

Safwat S.M.; Tous S.S.; Mohamed M.M.

Department of Pharmaceutics, Faculty of Pharmacy, Assiut University, Assiut Egypt

PHARM. IND. (Germany) , 1991, 53/12 (1144-1150) CODEN: PHINA ISSN: 0031-711X

LANGUAGES: English SUMMARY LANGUAGES: English; German

Progesterone was preformulated as coprecipitate with polyvinyl-pyrrolidone (PVP) 40.000 and 44.000 at different ratios. Progesterone dissolved faster from coprecipitate with PVP 40.000 than from that with PVP 44.000. As the amount of PVP 40.000 increased in the coprecipitate the dissolution rate of the drug was increased up to 1:8; drug:PVP ratio. The solubility profile of the drug in presence of PVP 40.000 and differential UV spectra of the drug in presence of this polymer indicates that a sort of molecular interaction may occur between the drug and PVP 40.000-X-Ray diffraction patterns revealed that the drug was changed to amorphous state on its coprecipitation with PVP 40.000 at 1:8 ratio. The melting range of progesterone was slightly decreased at this ratio. The data of dissolution patterns and the dialytic rate constants were included. Progesterone-PVP coprecipitate exhibited extremely fast release for the drug when included in cocoa butter, witepsol (R) H15 and polyethylene glycol suppositories. The latter base was most efficient than the other bases because of the solubilizing effect of polyethylene glycol (PEGs) on the drug. Studies were conducted to examine the absorption of progesterone in rabbits following rectal administration of the two formulations containing progesterone alone and progesterone-PVP 40.000 (1:8) coprecipitate in PEG suppositories. The serum progesterone concentration was determined by using direct radio immunoassay technique using (125I)-labeled progesterone after a single dose of 5 mg/kg progesterone in PEG suppositories. The maximum serum concentration (C(max)) after progesterone only was 3.841 μ g/ml and lower than the

coprecipitate, which was 4.229 microg/ml. The histological examination of the mammary glands of the treated rabbits stained with haematoxylin and eosin for general histology indicates that progesterone-PVP coprecipitate increased the number of alveoli and the proliferation of the mammary lobules than the hormone alone.

DRUG DESCRIPTORS:

*progesterone--pharmaceutics--pr; *progesterone--pharmacokinetics--pk; *progesterone--drug concentration--cr; *macrogol--pharmaceutics--pr; *povidone--pharmaceutics--pr; *lard--pharmaceutics--pr; *theobroma oil--pharmaceutics--pr
suppository; drug dosage form; witepsol h 15

MEDICAL DESCRIPTORS:

*bioavailability; *drug release
dissolution; drug solubility; drug formulation; precipitation; rabbit; nonhuman; female; animal experiment; rectal drug administration; article

32/7,DE/14 (Item 3 from file: 73)
DIALOG(R)File 73:EMBASE
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7899293 EMBASE No: 90335286

Three-generation reproductive study of cocoa powder in rats
Hostetler K.A.; Morrissey R.B.; Tarka S.M. Jr.; Apgar J.L.; Shively C.A.
Hershey Foods Corporation Technical Center, P.O. Box 805, Hershey, PA
17033-0805 USA
FOOD CHEM. TOXICOL. (United Kingdom) , 1990, 28/7 (483-490) CODEN: FCTOD
ISSN: 0278-6915

LANGUAGES: English

Male and female Sprague-Dawley rats were continuously exposed to dietary cocoa powder at levels of 0.0, 1.5, 3.5 or 5.0% for three generations. During the initial 12-wk growth periods for the F0-, F(1b)- and F(2b)-generation rats, mean methylxanthine exposures (mg/kg/day) for males/females were 30/36, 72/86 and 104/126 for the 1.5, 3.5 and 5.0% cocoa powder groups, respectively. No consistent dose-related effects on any of the monitored reproductive indices (mating, fertility, conception, gestation, viability or lactation) were noted over three generations. Minor reductions in mean body weight relative to controls at wk 12 were observed in male rats exposed to 3.5 or 5.0% cocoa powder and female rats exposed to 5.0% cocoa powder in the F(1b) and F(2b) generations. Renal tubular mineralization in the F0-generation male rats in the 5.0% cocoa powder group was the only statistically elevated histomorphological lesion observed. Plasma cholesterol concentrations in F(1b)-generation rats were elevated, but cocoa powder did not affect this parameter consistently across multiple generations. Thus, continuous cocoa powder consumption by rats at levels as high as 5.0% of the diet was without effect on reproductive capacity under the conditions of a standard three-generation evaluation.

MEDICAL DESCRIPTORS:

*cocoa; *reproductive toxicity; *body weight; *mineralization
fertility; lactation; kidney tubule; rat; histology; pregnancy

32/7,DE/15 (Item 4 from file: 73)
DIALOG(R)File 73:EMBASE
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7805266 EMBASE No: 90240404

Milk fat depression in C57B1/6J mice consuming partially hydrogenated fat
Teter B.B.; Sampugna J.; Keeney M.

Department of Chemistry and Biochemistry, University of Maryland, College Park, MD 20742 USA

J. NUTR. (USA) , 1990, 120/8 (818-824) CODEN: JONUA ISSN: 0022-3166

LANGUAGES: English

Mice of the C57B1/6J strain were maintained on diets in which the unsaturated fatty acids were all cis fatty acids (CFA) or a mixture of CFA and trans fatty acids (TFA). The fats used were mixtures of corn oil, olive oil, cocoa butter, margarine and shortening blended to yield similar fatty acid compositions, except for the ratio of the CFA to TFA and the percentage of linoleic acid (EFA). Regardless of the level of fat (20 or 40 energy %) or the level of EFA (2 to 12 energy %), diets with TFA decreased the percentage of fat in mouse milk. When lactating females raised on the CFA diets were crossed to the TFA diets, TFA appeared in the milk at 12 h postcross, and within 4 d postcross the percent of milk fat was decreased to levels similar to that of nursing females raised continuously on the TFA diets. Conversely, lactating females crossed from TFA to CFA diets produced milk with percentage fat values and fatty acid compositions that approached those seen in nursing females fed the CFA diets continuously. The possible involvement of TFA in the classical milk fat depression phenomenon in ruminants and its potential relevance in human lactation are discussed.

MEDICAL DESCRIPTORS:

*milk fat; *lactation
mouse; newborn

32/7,DE/16 (Item 5 from file: 73)

DIALOG(R)File 73:EMBASE

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1462196 EMBASE No: 79232754

Response of fibrocystic disease to caffeine withdrawal and correlation of cyclic nucleotides with breast disease

Minton J.P.; Foecking M.K.; Webster D.J.T.; Matthews R.H.

Dept. Surg., State Univ., Columbus, Ohio USA

AM. J. OBSTET. GYNECOL. (USA) , 1979, 135/1 (157-158) CODEN: AJOGA

LANGUAGES: ENGLISH

A population of women exists for whom caffeine and other methylxanthines are dietary factors associated with the development of fibrocystic disease. The progression of cyclic nucleotide levels from normal tissue to benign disease to cancer supports the concept that chronic stimulation by methylxanthines leads to breast diseases through cAMP. Whether the changes in cyclic nucleotide levels are a cause of the progressive transformations of breast tissue or merely an indicator of the condition of the tissues remains to be proved. The practice of delaying biopsy of questionable breast lesions for 6 to 8 weeks while the response to caffeine elimination can be observed has resulted in fewer breast biopsies. In no patient so far has a cancer been discovered at any subsequent biopsy.

DESCRIPTORS:

*mucoviscidosis (0035351); *breast cancer (0006771); *cyclic amp (0000881); *guanosine 3',5' phosphate (0081951); *drug withdrawal (0463213); *coffee (0010148); *tea extract (0165822); *cacao (0124559); *breast dysplasia (0101529); *caffeine (0007302)
human (0022177)

32/7,DE/17 (Item 6 from file: 73)

DIALOG(R)File 73:EMBASE

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1008800 EMBASE No: 78179444

Breast milk distribution of theobromine from chocolate

Resman B.H.; Blumenthal H.P.; Jusko W.J.

Dept. Pharm., Sch. Pharm., State Univ. New York, Buffalo, N.Y. USA

J. PEDIATR. (USA) , 1977, 91/3 (477-480) CODEN: JOPDA

LANGUAGES: ENGLISH

Six nursing mothers ingested 113 gm of Hershey's milk chocolate containing 240 mg of theobromine. Samples of plasma, saliva, and breast milk were assayed for theobromine by high pressure liquid chromatography. Peak theobromine concentrations of 3.7 to 8.2 mg/l were found in all fluids at 2 to 3 hours after ingestion of chocolate. The disposition half life of theobromine averaged 7.1 ± 2.1 hours, body clearance was 65 ± 20 ml/hour/kilogram, and the apparent volume of distribution was 0.62 ± 0.13 l/kg. Theobromine is only slightly bound to plasma and milk proteins and concentrations in milk and saliva matched plasma data closely. The mean concentration ratios were 0.82 ± 0.17 for milk/plasma and 0.92 ± 0.17 for saliva/plasma. If a mother ate a 4 ounce chocolate bar every 6 hours and the infant nursed when the theobromine concentration in milk was at its peak, the infant could ingest about 10 mg of theobromine per day.

DESCRIPTORS:

*theobromine (0048076); *saliva (0042588); *cacao (0124559); *lactation (0026335); *mother milk (0061472); *human (0022177); *drug absorption (0072880); *pharmacokinetics (0036781); *drug half life (0125164)

32/7,DE/18 (Item 1 from file: 144)

DIALOG(R)File 144:Pascal

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11488130 PASCAL No.: 94-0326124

The roles of propeptide in maturation and secretion of Npr protease from *Streptomyces*

SU-CHIH CHANG; POA-CHUN CHANG; YAN-HWA WU LEE

National Yang-Ming medical coll., inst. biochemistry, Taipei 112, Taiwan

Journal: The Journal of biological chemistry, 1994, 269 (5) 3548-3554

ISSN: 0021-9258 CODEN: JBCHA3 Availability: INIST-3082;

354000025596990650

No. of Refs.: 36 ref.

Document Type: P (Serial) ; A (Analytic)

Country of Publication: USA

Language: English

The cloned npr gene of *Streptomyces cacaoi* encodes a 60-kDa protein (prepro-Npr) consisting of a typical secretory signal peptide, a propeptide (22 kDa), and the 35-kDa mature metalloprotease (Npr). The maturation of Npr occurs extracellularly via an autocatalytic cleavage of the secreted intermediate pro-Npr (Chang, P. C., and Lee, Y.-H. W. (1992) J. Biol. Chem. 267, 3952-3958). In this study, we investigated the roles of the propeptide in the maturation and secretion of Npr. Partial deletion of the propeptide region while leaving the signal peptide and the mature Npr sequence intact all led to abolishment of Npr activity and caused concomitant slight and transient accumulation of low molecular weight forms of Npr or pro-Npr derivatives extracellularly

English Descriptors: Molecular processing; Structure activity relation; Secretion; Metalloendopeptidases; Precursor; *Streptomyces*

French Descriptors: Maturation moleculaire; Relation structure activite; Secretion; Metalloendopeptidases; Precurseur; *Streptomyces*; Gene Npr; *Streptomyces cacaoi*

Spanish Descriptors: Maduracion molecular; Relacion estructura actividad;

Secrecion; Metalloendopeptidases; Precursor; Streptomyces

32/7,DE/19 (Item 2 from file: 144)
DIALOG(R)File 144:Pascal
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09523573 PASCAL No.: 91-0313986
Consumption of methylxanthine-containing beverages and the risk of breast cancer
LUBIN F; RON E
5600 lone Oak Drive, Bethesda MD 20814, USA
Journal: Cancer Letters, 1990, 53 (2-3) 81-90
ISSN: 0304-3835 CODEN: CALEDQ Availability: INIST-17217;
354000017016720010/NUM
No. of Refs.: 54 ref.
Document Type: P (Serial) ; A (Analytic)
Country of Publication: Netherlands
Language: English

The idea that caffeine might be involved in the etiology of breast disease was first proposed by Minton et al. in 1979. Since that time, numerous experimental and epidemiologic studies evaluating the relationship between methylxanthines and breast disease have been conducted. Results from studies on benign breast disease have been inconsistent, with some investigators observing a positive association and others no association

English Descriptors: Xanthine derivatives; Coffee; Tea; Beverage; Cocoa; Malignant tumor; Mammary gland diseases; Etiology; Risk factor; Human; Sex; Female

French Descriptors: Xanthine derive; Cafe; The; Boisson; Cacao; Tumeur maligne; Glande mammaire pathologie; Etiologie; Facteur risque; Homme; Sexe; Femelle

Spanish Descriptors: Xantina derivado; Cafe; Te; Bebida; Cacao; Tumor maligno; Glandula mamaria patologia; Etiologia; Factor riesgo; Hombre; Sexo; Hembra

32/7,DE/20 (Item 1 from file: 350)
DIALOG(R)File 350:Derwent World Pat.
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002528880 WPI Acc No: 80-46908C/27
XRAM Acc No: C80-C46908
Cpd(s). separated from Pseudomonas antimicrobica - having fungistatic or bacteriostatic activity
Index Terms: COMPOUND SEPARATE PSEUDOMONAS FUNGICIDE BACTERIA ACTIVE
Patent Assignee: (ATTA/) ATTAFAUAH A
Author (Inventor): ATTAFAUAH A
Number of Patents: 002
Patent Family:

CC Number	Kind	Date	Week
GB 2036792	A	800702	8027 (Basic)
GB 2036792	B	830119	8303

Priority Data (CC No Date): GB 7847883 (781211)
Abstract (Basic): Cpds. (I) and their mixts. sepd. from Pseudomonas antimicrobica by allowing the bacterium to remain in contact with an aq. gel, the (I) diffusing from the bacterium into the gel, are new.
(I) have fungistatic or bacteriostatic activity. (I) (and P.

antimicrobia) may therefore be used in human and veterinary medicine to treat various fungal and bacterial infections e.g. anthrax, thrush, breast abscesses, bovine abortion, tinea, horse and other animal ring worms. (I) (and P.antimicrobia) are esp. useful in treating plants e.g. (I) may be useful in treating Phytophthora palmivora infection in cocoa fruit. (I) may also be used to suppress or prevent bacterial or fungal growth on a substrate.

Derwent Class: B04; C03; D16;

Int Pat Class: A01N-061/00; A01N-063/00; C12P-001/04

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File 484: ~~Periodicals Abstracts Plus text 1986-1997/Dec W5~~

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S2	1752	MAMELON? OR TETON? ? OR UDDER? ? OR NENES OR TITS OR TITTI- ES OR BOOBS OR BOOBIES OR BUBBIES OR JUGS OR BAZOOMS OR BAZON- GAS OR HOOTERS OR KNOCKERS
S3	929	(ENLARG? OR AUGMENT? OR ENHANC? OR IMPROV? OR APPRECIAT? OR BOOST? OR INCREAS? OR AGGRANDIZ? OR EXPAND? OR EXPANS? OR IN- FLAT? OR FATTEN?) (3N) (S1 OR S2)
S4	352	((FILL OR FILLS OR FILLED OR FILLING? ?) (N)OUT OR (BUILD? - OR BLOW? OR PUFF? OR PUMP?) (N)UP OR GAIN? OR GREATEN? OR GREA- TER? OR SIZE? ? OR SIZING? ? OR MEASUREMENT?) (3N) (S1 OR S2)
S5	1424	(DEVELOP? OR GROW? OR AMPLIF? OR SWELL? OR MAGNIF? OR DIST- ENSION? OR DISTEND? OR BLOAT? OR SWOLLEN? OR PLUMP? OR FORTIF? OR SUPPLEMENT? OR HYPERTROP? OR RAIS? OR ELEVAT? OR BIG OR B- IGGER OR BIGGEST) (3N) (S1 OR S2)
S6	3	MAMMOGEN? ? OR MAMMOSE? ? OR MAMILLATED OR MASTOPTOSIS?
S7	1373	COCOA? OR CACAO? OR THEOBROMA? ? OR SHEOBROMA? ?
S8	1591	(VIT OR VITAMIN? OR AQUASOL? ? OR ROCAVIT? ?) (2N)E OR TOCO- PHEROL? ? OR EREVIT? ? (2N)FORTE? ? OR EVION? ?
S9	2777	TOPICAL?
S10	8669	RUB OR RUBS OR RUBBED OR RUBBING? ? OR MASSAG?
S11	0	S6 AND S7
S12	0	S6 AND S8
S13	15096	OINTMENT? OR EMOLLI? OR BALM? OR SALVE? OR LOTION? OR CREA- M? OR UNGUENT? OR UNCTION? OR LENITIVE? OR EMBROCAT? OR DEMUL- CENT? OR LINIMENT? OR ABIRRITAT?
S14	289	(LARGE? ? OR LARGEST?) (3N) (S1 OR S2)
S15	16	(S3 OR S4 OR S5 OR S14) AND S7
S16	89	(S3 OR S4 OR S5 OR S14) AND S8
S17	1449	S15 AND S16
S18	22	S16 AND (S13 OR S9 OR S10)
S19	12	S15 NOT S17
S20	19	S18 NOT (S17 OR S19)

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Acne: Out of the shadows
?t s19/ti/1-12

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Get by with a little help ... women's nutritional care plan

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S2	11056	MAMELON? OR TETON? ? OR UDDER? ? OR NENES OR TITS OR TITTI-ES OR BOOBS OR BOOBIES OR BUBBIES OR JUGS OR BAZOOMS OR BAZON- GAS OR HOOTERS OR KNOCKERS
S3	3511	(ENLARG? OR AUGMENT? OR ENHANC? OR IMPROV? OR APPRECIAT? OR BOOST? OR INCREAS? OR AGGRANDIZ? OR EXPAND? OR EXPANS? OR IN- FLAT? OR FATTEN?) (3N) (S1 OR S2)
S4	1706	((FILL OR FILLS OR FILLED OR FILLING? ?) (N)OUT OR (BUILD? - OR BLOW? OR PUFF? OR PUMP?) (N)UP OR GAIN? OR GREATEN? OR GREA- TER? OR SIZE? ? OR SIZING? ? OR MEASUREMENT?) (3N) (S1 OR S2)
S5	6142	(DEVELOP? OR GROW? OR AMPLIF? OR SWELL? OR MAGNIF? OR DIST- ENSION? OR DISTEND? OR BLOAT? OR SWOLLEN? OR PLUMP? OR FORTIF? OR SUPPLEMENT? OR HYPERTROP? OR RAIS? OR ELEVAT? OR BIG OR B- IGGER OR BIGGEST) (3N) (S1 OR S2)
S6	32	MAMMOGEN? ? OR MAMMOSE? ? OR MAMILLATED OR MASTOPTOSIS?
S7	10167	COCOA? OR CACAO? OR THEOBROMA? ? OR SHEOBROMA? ?
S8	1922	(VIT OR VITAMIN? OR AQUASOL? ? OR ROCAVIT? ?) (2N)E OR TOCO- PHEROL? ? OR EREVIT? ? (2N)FORTE? ? OR EVION? ?
S9	7157	TOPICAL?
S10	66252	RUB OR RUBS OR RUBBED OR RUBBING? ? OR MASSAG?
S11	2270	(LARGE? ? OR LARGEST) (3N) (S1 OR S2)
S12	43	(S11 OR S3 OR S4 OR S5) AND S7
S13	69	(S11 OR S3 OR S4 OR S5) AND S8
S14	0	S12 AND S13
S15	150544	OINTMENT? OR EMOLLI? OR BALM? OR SALVE? OR LOTION? OR CREA- M? OR UNGUENT? OR UNCTION? OR LENITIVE? OR EMBROCAT? OR DEMUL- CENT? OR LINIMENT? OR ABIRRITAT?
S16	0	S6 AND S7
S17	0	S6 AND S8
S18	30	S12 AND (S15 OR S9 OR S10)
S19	5	S13 AND (S15 OR S9 OR S10)

S20 3 (S11 OR S3 OR S4 OR S5) (50N) S7

S21 5 S19 NOT S20

S22 28 S18 NOT (S20 OR S21)

~~S23 3 RD S20 (unique items)~~

~~S24 4 RD S21 (unique items)~~

~~S25 24 RD S22 (unique items)~~

?t s23/ti/1-3

23/TI/1 (Item 1 from file: 631)

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YUPPIES CRASHING ALONG WITH MARKET BABY BOOMERS FIND HOLES IN THEIR
SECURITY BLANKET

23/TI/2 (Item 1 from file: 632)

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EVENING. Health - Japan AIDS case report too low, critics claim

23/TI/3 (Item 1 from file: 633)

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EL MARIACHI, A SILENT SURPRISE

?t s24/ti/1-4

24/TI/1 (Item 1 from file: 492)

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MENOPAUSE: THE HOT TOPIC VIEWS ARE CHANGING ABOUT DREADED 'CHANGE OF LIFE'

24/TI/2 (Item 1 from file: 498)

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FOOD FOR THOUGHT CANCER SOCIETY SHIFTS FOCUS FROM CURE TO PREVENTION VIA
DIET

24/TI/3 (Item 1 from file: 632)

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A QUESTION OF CHANGE THE ONSET OF MENOPAUSE PRESENTS COMPLICATED CHOICES
ABOUT ESTROGEN REPLACEMENT

24/TI/4 (Item 1 from file: 633)

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VITAMIN E: ITS NAME COULD STAND FOR 'ENIGMA'

?t s24/9/4

24/9/4 (Item 1 from file: 633)

DIALOG(R)File 633:Phil.Inquirer
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VITAMIN E: ITS NAME COULD STAND FOR 'ENIGMA'

PHILADELPHIA INQUIRER (PI) - WEDNESDAY April 12, 1989
By: Andrew Schloss, Special to The Inquirer
Edition: FINAL Section: FEATURES FOOD Page: C01
Word Count: 1,998

MEMO:
Third in a series examining vitamins' role in the diet. NEXT WEDNESDAY:
Vitamin A, the wrinkle fighter.

TEXT:
The verdict on Vitamin E is not in.

Its proponents report miracles. Once-clogged arteries are wiped clean. Painful limbs rejuvenate. Eyesight returns to lifelong diabetics. Burn scars disappear, wrinkles diminish, energy increases, blood clots dissolve, the sterile become fertile.

Its opponents cite shoddy scientific method, uncontrolled studies and contradictory findings. They see little evidence that Vitamin E is a necessary nutrient at all, and say that although results have been dramatic in animal experiments, its effects on humans are all in the mind.

The fact is that there is no agreement on exactly what Vitamin E is, or on how it works in the body. In laboratory experiments, it has restored fertility to rats, cured the symptoms of muscular dystrophy in rabbits, prevented fetal death in hamsters and guinea pigs, and prevented brain degeneration in chickens. But none of these findings has proved applicable to humans.

Here is what we know. There are four forms of Vitamin E, clinically named tocopherols, that are found mostly in vegetable oils. Deposits of tocopherols are present throughout the body, concentrated most heavily in glands, muscles and fat tissue.

So far, their main role seems to be preventing the breakdown of other fat soluble vitamins, particularly Vitamin A, and preventing polyunsaturated fats from degrading into substances that have been connected with premature aging and the development of malignancies. There is also evidence that Vitamin E plays a part in the formation of red blood cells and the transfer of oxygen through the circulatory system.

Natural sources of Vitamin E are confined to vegetable oils, legumes, nuts, seeds and whole grains. Meat has none, although secondary animal foods, such as egg yolks and butter - the very foods that many people are limiting for other reasons - are fairly good sources. Fruit and vegetables have little, if any, Vitamin E, spinach and asparagus being slight exceptions.

Without question, the best source of the vitamin is wheat germ, containing nearly three times as much Vitamin E as the next best source. Whole grains, such as oats, wheat and rice, are excellent, provided they have not been processed, as are polyunsaturated oils, such as corn, soy bean, safflower and sunflower.

The only reported cases of severe Vitamin E deficiency involve newborns, who seem to receive little of the vitamin prenatally. This is remedied soon after birth by the vitamin content of breast milk and fortified infant formula. Several blood-cell diseases in premature infants have been corrected through supplements of Vitamin E.

The Recommended Daily Allowance (RDA) for Vitamin E has been set at 30

I.U. (International Units) daily, although some physicians, cashing in on the reputed ability of tocopherols to act as anticoagulants, prescribe doses of up to 1,600 I.U. daily for patients with coronary artery disease.

The best advice is to consult your doctor before taking any supplements of the vitamin and to proceed with caution, especially in cases where high blood pressure is a problem. Because Vitamin E is stored in various tissues, excessive levels can build up, although adverse symptoms are minor, usually no more than a general feeling of fatigue.

Of the food sources of Vitamin E mentioned above, vegetable oils do pose a problem. Polyunsaturated fats, which include many vegetable oils, break down easily when exposed to oxygen. One of the principal roles of tocopherols within a food source and in our bodies is to act as an antioxidant, thus preventing such a breakdown. This means that polyunsaturated oils, while providing us with Vitamin E, also increase our need for it.

Complicating matters further is the way the oil is processed. Heat processing diminishes the amount of tocopherol in an oil. So unless an oil is cold-pressed (a method of extracting oil without heating the oil source), the amount of Vitamin E it contains may not even be sufficient to counteract the breakdown of the polyunsaturates it contains. In these cases the Vitamin E benefit of the oil is frequently negligible.

The following recipes center on whole grains, seeds, beans and polyunsaturated vegetable oils. Use cold-pressed oils when possible. Store them in the refrigerator to diminish oxidation.

BROWN RICE AND WHEAT BERRIES

- 1 teaspoon cold-pressed soy oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 4 teaspoons sunflower oil
- 1 cup long-grain brown rice
- 1/2 cup whole wheat berries (see note)
- 3 3/4 cups boiling water or vegetable bouillon
- Pinch cayenne or crushed red pepper
- 1/2 cup sunflower seeds
- 2 teaspoons soy sauce
- Salt and pepper to taste

Make a thin film of soy oil in the bottom of a heavy two-quart saucepan. Add the onion and garlic, and cook over moderate heat until soft. Add half the sunflower oil, the rice and wheat berries, and toss until the grains are well coated with oil. Cook for one minute, stirring constantly.

Add the water or vegetable bouillon and the red pepper. Turn down to a simmer, cover, and simmer gently for 35 to 45 minutes, until all the liquid has been absorbed.

While the rice is cooking, pour the sunflower seeds into a hot skillet without adding any fat. Stir constantly, until the seeds brown lightly and develop a toasted aroma. Set aside until the rice is cooked. Toss the remaining sunflower oil, sunflower seeds and soy sauce with the cooked rice. Season with salt and pepper. Makes four servings.

Note: Whole wheat berries are available in health-food stores.

*

Few foods can pack more Vitamin E per portion than homemade mayonnaise. This one has more than one-third the RDA for Vitamin E in every tablespoon. Because the yolk in mayonnaise is not cooked, there is always the risk of salmonella contamination, so you should be confident of the source of your eggs.

VITAMIN E MAYONNAISE

- 1 egg yolk
- 1 teaspoon mustard
- 2 to 3 tablespoons lemon juice, to taste
- 1/4 cup cold-pressed soy oil, chilled
- 1/4 cup cold-pressed corn oil, chilled
- 1/4 cup cold-pressed safflower oil, chilled
- Salt and white pepper to taste

In a food processor, blend the egg yolk, mustard and lemon juice together until smooth. With the processor on, add the oils in a slow, steady stream until the mayonnaise is very thick. Season with salt and pepper. Keep refrigerated, and use within three days. Makes one cup.

MIXED RICE SALAD WITH ROASTED PEPPERS

- 2/3 cup brown rice
- 2/3 cup brown basmati rice
- 2/3 cup wild rice
- 5 cups boiling water
- 1/2 teaspoon salt
- 4 bell peppers of assorted colors
- 1 tablespoon virgin olive oil
- 5 tablespoons cold-pressed soy, safflower or corn oil
- 1/4 cup red wine vinegar
- Juice of 1 lime
- 1/4 cup chopped fresh parsley leaves
- Salt and pepper to taste

Wash the rices in several changes of cold water. Drain well. Over low heat in a heavy saucepan, stir the washed rices into the boiling water mixed with the salt. Allow the water to return to a boil, then reduce the heat so that the water simmers gently. Cover the pan, and cook until all the water has been absorbed, about 45 to 50 minutes.

While the rice is cooking, roast the peppers by placing them directly on a high flame of a gas range or under a broiler. Turn so that the skins of the peppers blacken evenly. When the skins are completely charred, place the peppers in a paper bag, close loosely, and set aside for 10 minutes.

Peel the charred skin from the peppers with your fingers. It should slip off easily. If the skin clings to your fingers, wash them off and continue peeling, but avoid running the peppers under water, or you will wash away much of their flavor. When the peppers are peeled, remove the stems and seeds and finely dice the flesh. Set aside.

When the rice has cooked, toss it with the roasted peppers and the oils, vinegar, lime juice, parsley, salt and pepper. Cover, and refrigerate until serving time. Makes six to eight servings.

STIR-FRIED ASPARAGUS WITH TOFU AND ALMONDS

2 teaspoons cornstarch

2 tablespoons light soy sauce

1/3 cup oyster sauce

Juice of 1/2 lemon

2 to 4 tablespoons cold-pressed safflower oil

1 pound asparagus, trimmed and cut into 2-inch sections

1 hot pepper

1 pound tofu, cubed

1 cup chicken stock

1 clove garlic, minced

2 scallions, thinly sliced

1 cup toasted almonds

In a small bowl, dissolve the cornstarch in the soy sauce. Stir in the oyster sauce and lemon juice, and set aside.

Heat a wok over high heat until it smokes. Pour in two tablespoons of the oil, and stir-fry the asparagus in the hot oil until it becomes bright green. Remove the asparagus and reserve.

Add the additional oil if the wok is dry. Add the hot pepper and the tofu, and stir-fry until the tofu browns lightly. Return the asparagus to the pan, and pour the chicken stock over the top. Cover the wok, and steam the asparagus for three minutes, until it is just tender. Stir the cornstarch mixture again. Move the asparagus and tofu up onto the sloping sides of the wok, and pour the cornstarch mixture into the liquid in the center of the wok. Stir to blend, and toss the asparagus and tofu in the

sauce. Toss in the garlic, scallion and almonds. Remove from the heat, and remove the hot pepper. Serve immediately over brown rice, if desired. Makes four servings.

*

These cookies are outrageous - gigantic, chewy, crunchy wonders. Children have accused us of trickery when told that they were healthful as well.

OATMEAL PEANUT BUTTER JUMBLES

1/4 pound butter
1 1/2 cups chunky peanut butter
1 cup brown sugar
1 cup sugar
3 eggs, lightly beaten
1 tablespoon baking soda
2 teaspoons vanilla
4 1/2 cups quick oats
1/2 cup raisins
1/2 cup toasted sunflower seeds
3/4 cup dry roasted unsalted peanuts

In the large bowl of an electric mixer, cream the butter with the peanut butter. Add the sugars, and beat until smooth. Add the eggs, and beat until incorporated. Dissolve the baking soda in the vanilla and add to the batter. Beat in the oats, raisins, sunflower seeds and peanuts.

Drop in mounds of about one-third cup each on dry cookie sheets, allowing at least two inches between mounds. You will get six cookies per cookie sheet. Pat each mound to flatten the top.

Bake in batches in a preheated 350-degree oven for 20 to 22 minutes per batch until lightly browned. During baking, the cookies will spread to be almost five inches in diameter. Remove from the oven, and cool on the sheet for two minutes. Remove the cookies to a cooling rack with a wide spatula. Bake remaining batches in the same way. Makes 20 large cookies.

*

No one will guess that these chewy brownies are made out of wheat germ.

"BUTTERSCOTCH" BROWNIES

2 tablespoons cold-pressed soy oil
2 tablespoons cold-pressed corn oil
2 extra-large eggs, lightly beaten

1 cup dark brown sugar
1/2 cup toasted sunflower seeds or chopped nuts

2 teaspoons vanilla

1 cup wheat germ

Pinch salt

1/2 cup powdered milk

1/2 teaspoon baking powder

In a mixing bowl, blend the oils with the eggs. Beat in the sugar, sunflower seeds or nuts, vanilla, wheat germ and salt until well blended. Sift the powdered milk with the baking powder, and stir into the brownie batter.

Pour batter into an 8-by-8-inch square baking pan lined with greased parchment, and bake in a preheated 350-degree oven for 35 minutes. Cool on a rack for 10 minutes. Invert onto another rack, carefully remove paper, and invert again right side up onto the first rack. Cool for 10 minutes more. Slide onto a cutting board, and slice into two-inch squares with a serrated knife. Makes 16 brownies.

DESCRIPTORS: SERIES
?t s25/ti/1-24

25/TI/1 (Item 1 from file: 492)
DIALOG(R)File 492:(c) 1997 Phoenix Newspapers. All rts. reserv.

ENCANTO'S POLISH SHOWS IN DISHES

25/TI/2 (Item 2 from file: 492)
DIALOG(R)File 492:(c) 1997 Phoenix Newspapers. All rts. reserv.

PILLSBURY BAKE-OFF'S BEST RECIPES SHOW GOOD TASTE AGAIN HEAT UP THE OVEN
AND PUT THESE 5 TO ULTIMATE TEST

25/TI/3 (Item 3 from file: 492)
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HOLIDAY RECIPES SHARED BY SUN CITY AREA COOKS

25/TI/4 (Item 1 from file: 630)
DIALOG(R)File 630:(c) 1997 Los Angeles Times. All rts. reserv.

Holiday Cookbooks
Stoveside Reading

25/TI/5 (Item 2 from file: 630)
DIALOG(R)File 630:(c) 1997 Los Angeles Times. All rts. reserv.

Kelly Slater's the World-Champion Surfer With All the Perks. So, Why Isn't
He Having More Fun?
Different Office, Different Stress

25/TI/6 (Item 3 from file: 630)
DIALOG(R)File 630:(c) 1997 Los Angeles Times. All rts. reserv.

GOOD COOKING
Brunch: Something Sweet, Something Savory

25/TI/7 (Item 4 from file: 630)
DIALOG(R)File 630:(c) 1997 Los Angeles Times. All rts. reserv.

CULINARY SOS
Chocolate Malt Cake, Chicken Dijon

25/TI/8 (Item 5 from file: 630)
DIALOG(R)File 630:(c) 1997 Los Angeles Times. All rts. reserv.

MARKETS
A Foie Gras Store for the Rest of Us

25/TI/9 (Item 6 from file: 630)
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RESTAURANT REVIEW
CONTINENTAL CUISINE OUTLASTS TRENDS AT ALPINE ST. MORITZ

25/TI/10 (Item 7 from file: 630)
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HOME ENTERTAINING
OFFICE CHEF'S LAST HURRAH IS A MEAL WITH IMAGINATION

25/TI/11 (Item 1 from file: 631)
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ATMOSPHERE INSPIRES ROMANCE, BUT SOME DISHES NEED LIGHTER TOUCH

25/TI/12 (Item 2 from file: 631)
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WHOLE-EARTH BEAUTY BODY SHOP'S FOUNDER TROTS THE GLOBE IN QUEST OF
EFFECTIVE -- AND ENVIRONMENTALLY SAFE -- COSMETIC PRODUCTS

25/TI/13 (Item 3 from file: 631)
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WHEN APPLES AND ORANGES MIX IN ADS

25/TI/14 (Item 1 from file: 632)
DIALOG(R)File 632:(c) 1997 Chicago Tribune. All rts. reserv.

DIPPING INTO THE 'TIPTIONARY' COLLECTION OF CLEVER HINTS COMFORTS THE

CLUMSY COOK AND SPEEDS THE SKILLED TOWARD PERFECTION

25/TI/15 (Item 2 from file: 632)
DIALOG(R)File 632:(c) 1997 Chicago Tribune. All rts. reserv.

MEXICAN VACATION INSPIRES DINNER MENU

25/TI/16 (Item 3 from file: 632)
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Company's Coming - DINNER STARS CHICKEN BREASTS STUFFED WITH FIGS, BLUE
CHEESE

25/TI/17 (Item 4 from file: 632)
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DELUISE EXPANDS HIS ENERGY, WAISTLINE INTO COOKBOOK WRITING

25/TI/18 (Item 1 from file: 633)
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JUMPING COW, FOR HUNGRY CRITTERS

25/TI/19 (Item 2 from file: 633)
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A CONFECTION TO FILL THE BILL

25/TI/20 (Item 1 from file: 634)
DIALOG(R)File 634:(c) 1997 San Jose Mercury News. All rts. reserv.

CELEBRATE LIFE WITH MEXICAN FOOD FEST

25/TI/21 (Item 2 from file: 634)
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SMART DIETING SCIENTIFIC MINDS AGREE GOOD ADVICE, GOOD SENSE HELP YOU LOSE
WEIGHT

25/TI/22 (Item 3 from file: 634)
DIALOG(R)File 634:(c) 1997 San Jose Mercury News. All rts. reserv.

DYNAMITE DISHES READERS SHARE FAST FIXES FOR THE HOLIDAYS

25/TI/23 (Item 1 from file: 639)
DIALOG(R)File 639:(c) 1995 Houston Post. All rts. reserv.

AUTHENTIC GUMBO IS SOUP-ER

25/TI/24 (Item 1 from file: 725)

DIALOG(R)File 725:(c) 1997 The Plain Dealer. All rts. reserv.

NOT AS B A D AS YOU THINK

?t s25/9/12

25/9/12 (Item 2 from file: 631)
DIALOG(R)File 631:Boston Globe
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WHOLE-EARTH BEAUTY BODY SHOP'S FOUNDER TROTS THE GLOBE IN QUEST OF
EFFECTIVE -- AND ENVIRONMENTALLY SAFE -- COSMETIC PRODUCTS

BOSTON GLOBE (BG) - SATURDAY September 15, 1990

By: Christina Robb, Globe Staff

Edition: THIRD Section: LIVING Page: 9

Word Count: 2,485

TEXT:

Even now, with her two daughters grown and the wolf long gone from the door, Anita Roddick sweeps from Romania to Africa and back home to West Sussex, England, like a driven woman. In 14 years, she has moved from the back room of a tiny cosmetic shop in Brighton, England, to the helm of an international franchise corporation with nearly 500 stores in 37 countries. But as you listen to her story, you realize that no mere maternal ambition or corporate dream has pushed her.

Roddick's company, the Body Shop, grossed \$300 million worldwide in 1988, and that was when it was hardly off the ground in the United States. Though she expects the United States to become the Body Shop's major market -- with 1,500 stores by the end of the decade -- Roddick took her time getting started here.

When the first Body Shop opened in New York two years ago, "we wanted to wait for two years to see how we would do" in the US market, she says. "We don't have sales. We don't have presents with products. We don't advertise. We've never never gone into shopping malls, and we were terrified of those." The question was, she says, "Were we good enough?"

The answer is yes. By the time she was ready to start franchising in the United States, there was a waiting list of 2,500 people who wanted to run stores here. One of them has had a Body Shop in the Emerald Square Mall in North Attleboro since it opened last year. A Body Shop opened in the Burlington Mall Aug. 17, and another is due to open in the Faneuil Hall Marketplace Sept. 21.

"We respect the American market and we wanted to ask permission. We know America is going to be huge," Roddick says by phone from England. "It will be, like it or not, our core market in five years' time."

Anita Roddick is already legendary for her energy. Passionate creativity propels her over obstacles. And the fun she has infects her whole operation.

Fourteen years ago, Roddick's husband, Gordon, now the Body Shop's chairman, decided to set off on an adventure of his own. He wanted to ride a horse from Argentina to New York. Anita had already had a few adventures. She had worked for the United Nations and taught elementary school before their children were born. Before that she had helped her parents -- both Italian immigrants to England -- run a cafe. But now, at 33, with two daughters, aged 7 and 5, at home, "I wanted an easy shop to open at 9 and

close at 5, amen," she says wryly. It couldn't be too tame, though. That wouldn't have been like her.

She had a friend who was an herbalist. And she had memories of cocoa butter and pineapple oil on the faces and bodies of the women she'd gotten to know in the South Seas areas she'd worked with through the UN. So she opened the Body Shop, offering her own line of personal care products, on a \$6,000 loan. Gordon went off on his daring adventure, with the understanding that if she hadn't made a go of her shop by the end of a year, she and the kids would join him in Peru.

Because Roddick and her friend could come up with only 25 products, they had the idea of selling them in lots of sizes, from tiny to large. When they ran out of bottles, they started a refill service. Because they used some exotic natural ingredients that showed up as funny little specks, they wrote lots of explanations about where the ingredients came from and how various tribal people used them. And though many people think that the green paint that decorates every Body Shop is there for the political statement it makes about the environment, "between you and me, it was the only color that hid the damp patches," Roddick says.

It soon became apparent whose adventure was going to last longer. After 10 months, Gordon's favorite horse fell down a mountain in Ecuador, and Anita had opened the second Body Shop in Brighton and had all she could do to keep them from spawning more stores. Gordon flew home to help her expand and came up with the idea of franchising.

The first Body Shops didn't advertise because they couldn't afford it. "I've always been incredibly blessed by the knowledge that what we are today is simply because we had no money," Roddick says. When her shops got big enough to advertise, she used the money for other things. The company still has no marketing department. Instead, it has suggestion boxes in every store.

The Body Shop generates new products by sending Roddick on adventures of her own. These trips are her most innovative contribution to the cosmetic biz, because they make the Body Shops into a "trading company," as she calls it, that trades goods in the same way that women trade information about how to treat their bodies.

All the major cosmetic companies make good products, Roddick says. "The only dilemma for them is that every good moisturizer works." Because most personal care products are really equally effective, their manufacturers have to invent stories to distinguish themselves -- about how their cream will make breasts bigger, skin younger or thighs less flabby. "I'm not interested in that kind of puffery," Roddick says.

To listen to most cosmetic marketing, you would think that every good moisturizer enshrines a magical "beauty secret" that only cosmetic companies will share with you. In addition to creams and powders, most companies push the illusion that women never share their "beauty secrets" because of the fierce way that women compete for men.

In fact, women delight in telling each other about creams and cosmetics they feel work especially well. And women use and wear cosmetics not to steal men but simply to have fun and feel good. The Body Shop reproduces this open, excited atmosphere of women telling one another -- and telling men -- what's fun to use on their skin and hair and what works, because that's how the Body Shop develops products.

Every year, Roddick says, "I spend about two months in tribal groups

working with anthropologists, with an ethnobotanist." She has traveled to Brazil, Nigeria, Nepal, China and Japan to talk to indigenous peoples, often in threatened Third World environments, about how they wash their hair or what they use on their skin. "And the bonding of that kind of information" -- the quality of sharing and easy, excited communication -- is as powerful in Nigeria or Japan as it is in Boston or Burlington, Roddick says.

So she discovers natural, proven products that are new to First World markets. The company can avoid animal testing completely and avoid most synthetics and animal products. Instead, on human volunteers, they test natural ingredients that tribal groups have used, sometimes for millennia. And if the product turns out to work and to come from a plant or mineral that is not endangered and can safely be harvested, the Body Shop sets up trade arrangements, at First World rates, with the tribal groups in a program Roddick calls Trade Not Aid.

In 1989, for instance, she went to Nepal to observe a project where Nepalese peasants are making paper out of banana fibers, to reduce the Body Shop's use of plastic and to save on less renewable wood for the minimal packaging used on Body Shop products. In 1987, the company established an orphanage in India through International Boys Towns, where teen-age boys earn a living making wooden massage rollers sold in her stores.

So the excited gathering of women exchanging information spreads from England to the Atlas mountains and back, and women in Boston can wash their hair with a mud shampoo made from ash that the native peoples rave about in the mountains of Africa. "For the life of me I am baffled why other cosmetics companies don't do the same thing," Roddick says.

"What the Body Shop does in terms of contribution of money and staff time to causes that they believe in -- by way of environmental concerns or animal testing -- no other corporation does. Period," says Jason Clay, who is research director of Cultural Survival, a nonprofit agency based in Cambridge that works with tribal people all over the world to help them find a place for their customs in the modern world.

For the past two years, Cultural Survival has been selling organic natural non-timber seeds, nuts, resins, oils, fruits, essences, fibers and pigments from the rain forest to the Body Shop and charging a 5 percent premium, which goes directly back into tribal projects. Cultural Survival also sells tribal products to 20 other companies, including rain-forest nuts to Ben & Jerry's for their Rainforest Crunch.

Clay gives Roddick lots of credit both for picking issues that are going to galvanize the sympathies of consumers and for choosing expert private nonprofit agencies to help them. "I mean they're really brilliant at picking issues and getting involved. And they really preempt not only virtually all other businesses but also some of the private organizations and the government agencies," Clay says. "I think Anita's genius is identifying issues before other people do and getting the company to address them."

Though the Body Shop has no marketing department, for the past four years it has had an environmental department that audits the corporation every six months.

"We don't breathe. We don't move unless we talk to them," Roddick says. And yet, "We're a trading company," she says. "We're not an environmental agency."

Their policies change as the latest available ecological advice changes. Are they using the most fuel-efficient trucks and cars? Last year they started making bicycles available to their staff at discounts in the hope they would start commuting to work by bike. Are they using the least possible amount of packaging, and making sure it has the least impact on the earth? Does it take too much energy to make a product? Does it hurt animals or people, especially in the Third World?

"She's doing a phenomenal thing by having environmental awareness and by doing some of her pro bonos, like offering people incentives for not driving to work," Debra Lynn Dadd, an environmental consumer advocate and writer, says by phone from Mill Valley, Calif. "However, I would say that from my standpoint, her products don't go far enough in terms of being environmentally safe."

Dadd does not include Body Shop products in her latest book, "Nontoxic, Natural and Earthwise," because, along with the many natural ingredients, some of them contain artificial colors, synthetic preservatives and other ingredients synthesized from petrochemicals.

"Some of their fragrances are naturally derived, but not all of them, and they're not labeled so you know which is which," Dadd says. "This is not to say that she's not better than most companies, but I can name half a dozen brands that never use artificial colors." (Alexandra Avery, Arya Laya, Dr. Hauschka, Jurlique, Weleda, Gajee -- available in health-food stores or by mail order -- are brands of skin care products that Dadd has recommended in her newsletter, The Earthwise Consumer.)

Roddick does get points from Dadd for being responsive and improving products as environmental knowledge improves -- as when the company switched from using paper to "biodegradable" plastic bags and finally to recycled paper.

Instead of advertising, Body Shop trucks bear environmental slogans -- "If you think education is expensive, try ignorance . . ." or "The Indians are the custodians of the rainforests. The rainforests are the lungs of the earth. If they die, we die" -- in huge white capital letters all over the sides and backs of the forest green truck bodies.

By now, Roddick doesn't need to advertise. Princess Di shops at the Body Shop and raves about it. Vogue (January '90) calls Anita Roddick one of the seven reigning queens of beauty. And Roddick gets more than her share of copy by campaigning about environmental and social issues like saving the whales, the rain forests and Romanian orphans.

She thinks of her stores as classrooms -- "arenas of education," she calls them -- and they are full of brochures about all the products and their ingredients, and about Friends of the Earth, Greenpeace, saving the ozone layer and keeping other cosmetic companies from testing products on animals. In Britain, the Body Shop has a conservation club that plants trees and cleans beaches.

Instead of pretending they can make you younger, the Body Shop tells you its products aren't tested on animals. It tells you who else in the world uses aloe vera or pineapple oil on their faces. It tells you it doesn't use aerosols and teaches you about the ozone layer.

"We've always had human rights values. We were human rights activists in the '60s," Roddick says. And she thinks that her customers have human rights values, too. Recently she spoke to cosmetics industry executives at the UN in New York, "and I said, 'Why don't you come and play with me?"

We've got an audience which is 99 percent women, whose ethic is care.' "

Roddick says she wants this ethic to flower within the company, too, which urges individual shop managers to start environmental or socially responsible projects in their neighborhoods. She says she was thrilled when the new US direct-mail division -- the Body Shop's first foray into catalog sales -- found a way to employ disabled people to do catalog sales. "If we have one huge task, it is just to humanize the workplace," she says.

"We're brilliant at training," Roddick says, teaching shop staff to create the atmosphere of a hands-on exhibit or an open classroom, rather than a store, moving in to teach only when customers ask for help. "It's really training for knowledge rather than a sale." And "we're trying to rewrite the book about management," teaching that "you empower your staff without being in fear of them," she says.

Roddick sets up special international projects for her top staff as well as campaigns for the whole company. In July, for instance, she took 35 of her top staff to Romania for three weeks to give supplies and training to deplorably neglected orphanages there as the first phase of a two-year project the Body Shop is undertaking with a Swiss nonprofit agency.

"People not only want to feel sympathy with a product, they want to feel sympathy with a company," Roddick says. "If you're providing an ordinary consumer need in an honorable way, the spirit soars."

ROBB ;08/10

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RODDIC15

CAPTION:
PHOTO

1. Anita Roddick: "For the life of me I am baffled why other cosmetics companies don't do the same thing."

2. Anita Roddick's Earth-first approach has brought her worldwide financial success, along with the goodwill of Body Shop customers.

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DESCRIPTORS: NAME-BODY SHOP; NAME-RODDICK; INTERVIEW-RODDICK;
BIOGRAPHY-RODDICK; BUSINESS; ENVIRONMENT

?show files

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Set	Items	Description
S1	26078	BREAST OR BREASTS OR BREASTSIZ? OR MAMMA OR MAMMAR? OR MAMMAE OR MAMMIFORM? OR MAMMIPLASIA? OR MAMMOGENE? OR MAMMOPLASIA? OR MASTOPLASIA? OR BUST OR BUSTLINE? OR BOSOM? OR DUGS OR TEATS
S2	298	MAMELON? OR TETON? ? OR UDDER? ? OR NENES OR TITS OR TITTIES OR BOOBS OR BOOBIES OR BUBBIES OR JUGS OR BAZOOMS OR BAZONGAS OR HOOTERS OR KNOCKERS
S3	2696	(ENLARG? OR AUGMENT? OR ENHANC? OR IMPROV? OR APPRECIAT? OR BOOST? OR INCREAS? OR AGGRANDIZ? OR EXPAND? OR EXPANS? OR INFLAT? OR FATTEN?) (3N) (S1 OR S2)
S4	804	((FILL OR FILLS OR FILLED OR FILLING? ?) (N) OUT OR (BUILD? OR BLOW? OR PUFF? OR PUMP?) (N) UP OR GAIN? OR GREATEN? OR GREATER? OR SIZE? ? OR SIZING? ? OR MEASUREMENT?) (3N) (S1 OR S2)
S5	3139	(DEVELOP? OR GROW? OR AMPLIF? OR SWELL? OR MAGNIF? OR DISTENSION? OR DISTEND? OR BLOAT? OR SWOLLEN? OR PLUMP? OR FORTIF? OR SUPPLEMENT? OR HYPERTROP? OR RAIS? OR ELEVAT? OR BIG OR BIGGER OR BIGGEST) (3N) (S1 OR S2)
S6	1	MAMMOGEN? ? OR MAMMOSE? ? OR MAMILLATED OR MASTOPTOSIS?
S7	824	COCOA? OR CACAO? OR THEOBROMA? ? OR SHEOBROMA? ?
S8	3922	(VIT OR VITAMIN? OR AQUASOL? ? OR ROCAVIT? ?) (2N) E OR TOCOPHEROL? ? OR EREVIT? ? (2N) FORTE? ? OR EVION? ?
S9	4839	TOPICAL?
S10	6821	RUB OR RUBS OR RUBBED OR RUBBING? ? OR MASSAG?
S11	546	(LARGE? ? OR LARGEST?) (3N) (S1 OR S2)
S12	0	S6 AND S7
S13	0	S6 AND S8
S14	35	(S3 OR S4 OR S5 OR S11) AND S7
S15	277	(S3 OR S4 OR S5 OR S11) AND S8
S16	11	S14 AND S15
S17	11936	OINTMENT? OR EMOLLI? OR BALM? OR SALVE? OR LOTION? OR CREAM? OR UNGUENT? OR UNCTION? OR LENITIVE? OR EMBROCAT? OR DEMULCENT? OR LINIMENT? OR ABIRRITAT?
S18	15	S14 AND (S9 OR S10 OR S17)
S19	64	S15 AND (S9 OR S10 OR S17)
S20	1	(S3 OR S4 OR S5 OR S11) (S) S7
S21	45	(S3 OR S4 OR S5 OR S11) (S) S8
S22	1	(S3 OR S4 OR S5 OR S11) (50N) S7
S23	53	(S3 OR S4 OR S5 OR S11) (50N) S8
S24	1	S23 (50N) (S9 OR S10 OR S17)
S25	7	S23 AND (S9 OR S10 OR S17)

~~S26 17 S16 OR S20 OR S22 OR S24 OR S25~~
~~S27 6 S18 NOT S26~~

?t s26/ti/1-17

26/TI/1

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Risk reduction. (for coronary heart disease)(includes related information)

26/TI/2

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Mastectomy: a treatment for breast cancer. (Pamphlet)

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Radiation therapy: a treatment for early stage breast cancer (includes glossary of medical terms) (Pamphlet)

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Treating common health problems naturally. (Consumer Guide to Women's Health)

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Diet and health: what should we eat?

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Is wine good for your heart? (Heart Disease: Am I at Risk?)

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Portraits of breast cancer: real-life stories from women who have been there. (includes related articles) (Special Health Section)

26/TI/8

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50 ways to better women's health: five alternative healers offer their best advice on how to treat the ten most common ailments. (Our Bodies, Our Health: A Special Section on Women's Health)

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Cancerproof your diet.

26/TI/10

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Breast disorders in nursing mothers.

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Body be beautiful - 89. (includes related articles and recipes)

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The brain, the body and PMS. (premenstrual syndrome)

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The PMS diet? (food choices to help eliminate premenstrual syndrome)

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Mastectomy: a treatment for breast cancer. (Pamphlet)

26/TI/17

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Radiation therapy: a treatment for early stage breast cancer (includes
glossary of medical terms) (Pamphlet)

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26/7/4

DIALOG(R)File 149:IAC(SM)Health&Wellness DB(SM)
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01485212 SUPPLIER NUMBER: 15529404 (THIS IS THE FULL TEXT)
Treating common health problems naturally. (Consumer Guide to Women's
Health)
Vukovic, Laurel
Natural Health, v24, n4, p86(13)
July-August, 1994

TEXT:

FOR YEARS, MOST MEDICAL researchers have excluded women from their studies, considering the female hormonal cycles to be an inconvenience, even an anomaly. For example, Jean Hamilton, professor of psychology in women's studies at Duke University, reports that until recently pharmaceutical companies did not take the menstrual cycle into account in their testing of drugs.

Only in 1993 did Congress pass the National Institutes of Health Revitalization Act, requiring inclusion of women in clinical research. Perhaps it's not surprising, then, that conventional medicine still

regularly treats many women's health problems ineffectively, even harmfully. Indeed, natural changes such as those accompanying menstruation and menopause are often viewed by conventionally-trained physicians as illnesses.

Meanwhile, many women, finding that medical science has little to offer them when it fights or ignores their hormonal cycles, prefer to use natural methods to treat minor, common problems on their own. Among these approaches are diet and exercise, nutritional supplements, herbs, homeopathy, and aromatherapy.

But natural health care means more than avoiding conventional medicine. "Our bodies tell us what they need," says Rosemary Gladstar, herbalist and author of *Herbal Healing for Women* (Simon & Schuster, 1993). "Our job is to listen." Women can learn to distinguish between major and minor problems, to know when to consult a medical doctor, and to recognize the natural changes that go along with the cycles of menstruation and the process of aging. Women can also learn which natural remedies work best--and to treat the problem rather than the symptom.

"Oftentimes, problems treated with drugs reappear soon after the effects of the drugs wear off," says Gladstar. And drugs can cause new problems, says Shari Lieberman, coauthor of *The Real Vitamin Book* (Avery, 1990): "You're better off treating infections naturally as much as possible, saving drugs for situations that get out of control."

Cultivating patience is also part of the process. "Natural remedies may take longer to produce results," says Gladstar, "but once you correct the underlying imbalance, you prevent a cycle of recurrence."

Here, leading holistic practitioners--an herbalist, a naturopath, a homeopath, an acupuncturist, and an aromatherapist--advise women on natural self-treatment for six common conditions. Design your selfcare program by choosing from among their suggestions. If a condition persists or worsens, consult your health practitioner.

PREMENSTRUAL SYNDROME

SOME 85 TO 95 PERCENT OF WOMEN suffer from a combination of the physical, mental, and emotional symptoms defined as PMS. Among the symptoms occurring before or during menstruation are water retention, fatigue, headaches, depression, irritability, joint pain, lack of coordination, muscle aches, intestinal upsets, breast swelling, and food cravings. These problems are caused by cyclic variations in the levels of estrogen and progesterone. Some PMS symptoms are normal responses to major hormonal shifts, but drastic or incapacitating symptoms indicate a serious disruption in the balance of estrogen and progesterone in the body, says Gladstar. This balance is influenced not only by how much of each hormone your body produces, but also by how effectively your liver, intestines, and kidneys dispose of them.

"Because both physical and emotional factors affect hormonal regulation," Gladstar adds, "attention must be paid to diet, exercise, and emotional issues."

Conventional practitioners prescribe a variety of medications for PMS, including prostaglandin inhibitors, tranquilizers and antidepressants, diuretics, and hormones, whose long-term effects are unknown. But more gentle treatments often work just as well, with fewer side effects.

Diet

Dietary changes alone will often relieve moderate PMS symptoms. Most holistic practitioners recommend a diet based on foods high in complex carbohydrates and low in fat, along with reducing intake of salt, sugar, and alcohol, all of which cause water retention, a major factor in PMS discomfort. To eliminate excess fluids, drink six to eight glasses of water daily and eat foods that are natural diuretics, such as watermelon, asparagus, and parsley. Avoid all sources of caffeine--even small amounts have been shown to trigger PMS symptoms.

Cravings for chocolate and sweets prior to menstruation are related

to changes in blood-sugar levels, which fluctuate with hormonal changes. Eating smaller meals more frequently will help to stabilize blood-sugar levels, as will eating complex carbohydrates and low-fat proteins. Because cocoa is rich in magnesium, a strong craving for chocolate may indicate a deficiency of magnesium.

Tori Hudson, naturopathic physician and professor of gynecology at National College of Naturopathic Medicine in Portland, Oregon, recommends a highfiber diet. Also beneficial, says Hudson, are fish high in omega-3 oils, such as salmon, tuna, herring, and sardines, because they promote anti-inflammatory prostaglandins, thereby reducing PMS symptoms.

Supplements

"There are no magic bullets for treating PMS," warns Shari Lieberman. She recommends a good all-around supplement that includes B-complex (especially [B.sub.6]) vitamins, calcium and magnesium, and vitamin E.

GLA (gamma linoleic acid) supplements have been shown to have a positive effect on PMS, says Gladstar. She recommends 500 mg twice a day of evening primrose oil, borage, or black currant seed oil. Do not take GLA supplements during menstruation because they may increase bleeding.

Herbs

A number of herbs can act as safe, natural diuretics, thereby reducing water retention. Gladstar suggests drinking two to three cups a day of dandelion leaf or nettles tea. To make a diuretic tea, pour one cup of boiling water over two teaspoons of dried dandelion leaf or nettles. Let steep, covered, for ten minutes.

For centuries, Chinese women have used the herb dong quai as a tonic. Dong quai helps to normalize the body's production of estrogen. Gladstar suggests one-half to one teaspoon of the tincture, or two capsules of powdered dong quai, three times a day. Dong quai can stimulate bleeding, so it should not be taken during menstruation.

The Chinese patent medicine Hsiao Yao Wan (sometimes spelled Xiao Yao Wan) is another excellent choice, says Lesley Tierra, acupuncturist and author of *The Herbs of Life* (Crossing Press, 1992), because it contains bupleurum, one of the best herbs for regulating the liver chi (energy), which is implicated in PMS. As with many herbal remedies, results can take several months to appear. Tierra recommends continuing the herbal remedy for several months after the problem is resolved. For all Chinese patent medicines, she advises following the dosage prescriptions on the package.

Homeopathy

Judith Reichenberg-Ullman, a naturopathic physician and president of the International Foundation for Homeopathy, has seen homeopathy's dramatic effect on the emotional as well as the physical symptoms associated with PMS. Because a woman's symptoms are so individual, she believes self-treatment with the PMS formulas available in natural foods stores is a "hit-or-miss proposition," and she suggests consultation with a practitioner (see "Homeopathy Basics," above).

Homeopathy Basics

FOR THE PURPOSES of her suggestions in this article, naturopathic physician Judith Reichenberg-Ullman suggests buying homeopathic remedies labeled as 30c potency. Choose the remedy with the description that most closely matches your symptoms, and take two doses of the remedy (following the instructions on the bottle). If you do not respond, then it's not the right remedy. Try another remedy or consult a practitioner.

Aromatherapy

PMS calls for a combination of effective essential oils--equal parts of chamomile, lavender, and clary sage (helpful for depression; has estrogenic properties), along with neroli for its sedative effects and geranium, which is one of the best hormonal normalizers, says Mindy Green, aromatherapist and co-author of *Aromatherapy: The Fragrant Art of Healing* (Crossing Press, forthcoming, Spring 1995). For water retention, she suggests combining equal parts of grapefruit, which is cleansing, juniper,

which has diuretic properties, and carrot seed, which helps normalize liver function. Alternate the two essential oil blends (one in the morning, one in the evening; see "How to Use Essential Oils," page 94).

How to Use Essential Oils

ESSENTIAL OILS, which are distilled from medicinal and aromatic plants, have long been valued for their effects on the body and mind, which range from relaxation to stimulation. Mindy Green, coauthor of *Aromatherapy: The Fragrant Art of Healing* (Crossing Press, forthcoming, Spring 1995), recommends combining essential oils because of their synergy.

Because they are extremely concentrated, most oils should not be directly applied to the skin. Instead, dilute them in carrier oil, such as pure vegetable oil, preferably almond, grapeseed, or jojoba oil, which is actually a liquid wax. "It's easily absorbed and never goes rancid," says Green. Add a maximum of fifteen drops of essential oil combination to one ounce of carrier oil. You can use this as a massage oil or to treat a specific problem area.

To use essential oils in the bath, add ten drops of the recommended blend to a tub of warm water. Swirl the essential oils through the water with your hand before getting into the tub.

Other Treatments

Naturopath Hudson advises women to take a break from their routines and to indulge in their favorite relaxing activities.

Along the same lines, Lieberman recommends daily aerobic exercise to burn up such stress-related hormones as adrenaline and to stimulate the flow of endorphins, chemicals produced by the body that alleviate depression and create a feeling of well-being. Lieberman finds that women who suffer from PMS generally have difficulty coping with emotional stress. Meditation, yoga, and massage are a few ways to handle that stress.

MENSTRUAL CRAMPS

UP TO 80 PERCENT of women experience some degree of discomfort during menstruation. Menstrual cramps, which may be accompanied by nausea, diarrhea, backaches, and headaches, are the most common symptoms. Cramps occur when prostaglandin-induced contractions of the uterus temporarily cut off the uterine blood supply. (Prostaglandin is a hormonelike chemical that regulates uterus contractions and can cause the uterus to contract too actively.) Aspirin and other aspirinlike over-the-counter medications often prescribed for cramps inhibit the synthesis of prostaglandins and suppress the pain, but side effects can include increased menstrual bleeding. And the cause of the problem goes untreated.

Cramps that are related to other health problems, such as endometriosis or uterine fibroids, should not be treated at home. Symptoms of these conditions include heavy menstrual bleeding, irregular menstruation, and feelings of pressure or pain in the pelvis. If you are experiencing these problems, consult a health practitioner immediately.

Dietary Suggestions

"Menstrual cramps that occur every month may indicate low levels of blood calcium," says Gladstar. At least ten days before menstruation begins, she recommends increasing high-calcium foods in the diet, such as dark leafy greens, sesame seeds, seaweeds, and watercress. A diet rich in calcium also relaxes the central nervous system.

Hudson advises avoiding polyunsaturated oils--safflower, soybean, and most vegetable oils--because they can stimulate the production of prostaglandins. Instead use olive and canola oils, which are monounsaturated.

Supplements

Lieberman says that since calcium and magnesium work together to regulate muscle contractions and the conduction of nerve impulses, a daily supplement containing 1,000 mg of calcium and 500 mg of magnesium helps women with cramps. Lactoovo vegetarians and heavy dairy eaters should skip the calcium, since their diets are already high in calcium. (Additional

calcium could interfere with magnesium balance.)

Herbs

"Nothing works better for menstruar cramps than herbs," says Gladstar. For occasional cramps, she recommends warm ginger tea for its antispasmodic properties. Grate two to three teaspoons of fresh ginger root and simmer in two cups of water for several minutes. Add lemon and honey to taste. Drink as much as desired.

For acute cramps, Gladstar suggests combining equal parts of ginger, valerian, and cramp bark tinctures, to be taken in half-teaspoon doses every twenty minutes until the symptoms subside.

Acupuncturist Tierra recommends a Chinese remedy called Women's Precious Pills (see Resources, page 103) to balance hormones and relieve menstrual cramps. Follow package directions for dosage.

Homeopathy

Judith Reichenberg-Ullman recommends *Colocynthis* (bitter cucumber) for cramps that make a woman want to double over or pull her knees into her chest; *Veratrum album* (white hellebore) for violent cramps that may be accompanied by diarrhea, vomiting, or chills; *Magnesia phosphorica* (magnesium phosphate) for cramps that improve with application of heat and pressure on the abdomen; *Kali carbonicum* (potassium carbonate) for intense menstrual cramping as well as lower back pain; and *Belladonna* (deadly nightshade) for excessive bleeding and a sensation of heat in the abdomen (see "Homeopathy Basics," page 88).

Aromatherapy

A couple of days before menstruation begins, Green suggests massaging the following combination of essential oils into the abdomen once or twice a day, as well as using them in the bath (see "How to Use Essential Oils," page 94). Blend together equal parts of chamomile, an anti-inflammatory; clary sage, which relieves depression; lavender, a relaxing herb; and the antispasmodics tarragon and marjoram.

Other Therapies

Increasing blood flow to the abdominal area often relieves menstrual cramps. Gladstar recommends using a hot ginger poultice on the abdomen to achieve this effect. Make a strong ginger tea or add a halfteaspoon of ginger essential oil to a quart of hot water. Dip a towel in the water and wring it out, lay it over the abdomen, and place a hot water bottle over the ginger towel to retain the heat. Relax for fifteen minutes.

Locally applied heat generally relieves menstrual cramps, but some women prefer cold, says Hudson. She suggests first trying heat and then switching to cold if that doesn't work. She also recommends placing an ice pack on the abdomen while soaking the feet in hot water.

URINARY TRACT INFECTIONS

URINARY TRACT INFECTIONS are usually caused by intestinal bacteria that have made their way up the urethra and into the bladder. These infections seldom disappear on their own. Symptoms include frequent, painful, or burning urination and back pain. A more severe infection may be accompanied by blood in the urine and fever.

The conventional medical treatment for urinary tract infections almost always includes antibiotics, which eliminate not only the problem-causing bacteria, but also the beneficial flora, resulting in digestive disturbances and yeast infections. If you're not running a fever, try natural methods, says Hudson. She recommends seeing a health practitioner if self-treatment produces no improvement within five days, if symptoms worsen, or if a fever develops.

Dietary Recommendations

At the very first sign of a bladder infection, drink large amounts of purified water to flush bacteria out of the bladder. Recent research has verified the effectiveness of cranberry juice in both the prevention and treatment of urinary tract infections. Gladstar suggests drinking a quart or more of cranberry juice every day until symptoms subside. Avoid

cranberry juice sweetened with sugar or other concentrated sweeteners because sugar feeds the bacteria. To eliminate the problem of sweeteners in juice, Reichenberg-Ullman suggests taking three cranberry capsules three times a day.

Supplements

Increase your vitamin C intake to 500 mg every couple of hours to create a more acidic environment in the bladder and urinary tract, which will discourage bacterial growth, recommends Hudson. If you have diarrhea when taking that much vitamin C, cut back on the amount until you no longer have loose stools, and you'll know that you've reached your tolerance level. She also suggests taking one gram per day of bioflavonoids, 25,000 IU of vitamin A, and 30 mg of zinc to combat the infection.

Herbs

"Drinking teas of mucilagenous herbs such as marshmallow root will soothe a mild inflammation," Gladstar says. To fight infection, Gladstar recommends echinacea and Oregon grape root or goldenseal, two capsules three times a day, or a half-teaspoon of the tincture every hour in acute cases.

For a more severe infection, Hudson suggests combining equal parts of pipsissewa, buchu, echinacea, and uva ursi tinctures. Take 20 drops every two hours for the first two days and then one teaspoon four times a day until the infection clears. Drink a demulcent tea such as marshmallow root at the same time to counter the strong antiseptic effect of uva ursi.

Homeopathy

Reichenberg-Ullman, who finds that treating urinary tract infections with homeopathy is most effective when combined with herbs, suggests Cantharis (Spanish fly) for a sudden, violent infection accompanied by blood in the urine. Sarsaparilla is for burning pain in the urethra at the close of urination. Staphysagria (Stavesacre) is for "honeymoon cystitis," a bladder infection that comes on after intercourse. Apis (honeybee) helps when there is a lot of stinging, burning, and swelling (see "Homeopathy Basics," page 88).

Aromatherapy

In the first few days of symptoms, use aromatherapy treatments three times daily, Green suggests. She recommends combining equal parts of sandalwood, which has been used for centuries in India for genitourinary problems, bergamot, tea tree, frankincense, and juniper. Add the essential oil to a massage oil and rub over the bladder area (see "How to Use Essential Oils," page 94). Also use it in baths. Continue for four to five days after the symptoms subside.

Other Treatments

To prevent urinary tract infections, Hudson suggests urinating after sexual intercourse to flush out the troublemaking organisms. "The urethra is mildly traumatized after intercourse, which makes it easier for the bacteria to gain entrance and make their way up into the bladder," she explains.

Hudson recommends that women who get cystitis after intercourse wash the vaginal area before and after sex with goldenseal tea. Pour one cup of boiling water over one teaspoon of powdered goldenseal. Cover, let steep until cool, and strain before using.

FIBROCYSTIC BREASTS

Lumpy breast tissue

UP TO 70 PERCENT of women have fibrocystic breasts--tender, swollen breasts and breast lumps that fluctuate with the menstrual cycle. Until a few years ago, the condition was considered a disease, and conventional medicine often still treats it as such: prescribing diuretics, anti-inflammatory drugs, and synthetic male hormones, which can cause weight gain, unwanted hair growth, and reduction in breast size.

The cause of fibrocystic breasts is unknown, but excess estrogen, which can lead to fibrocystic changes, may play a role. Alternative health

practitioners focus on natural methods of regulating estrogen. Although it's estimated that 85 percent of breast lumps are not cancerous, all breast irregularities should be evaluated by a practitioner before attempting self-treatment.

Dietary Suggestions

Most alternative and many conventional health practitioners recommend that women with fibrocystic breasts eat a low-fat diet (fat content below 20 percent) and avoid caffeine. High fat intake helps stimulate estrogen overproduction. According to Hudson, a strict vegan diet, which eliminates all animal products, is most beneficial. If you choose to eat meat and poultry, Rosemary Gladstar recommends looking for sources raised without synthetic hormones, which are believed to exacerbate estrogen-related problems. Also, large amounts of whole grains and vegetables help eliminate excess estrogen.

Women with fibrocystic breasts should avoid all methylxanthine, a chemical found in coffee, tea, chocolate, cola, and even decaffeinated coffee. A number of research studies have proved that breast lumps, swelling, and pain are reduced when methylxanthines are eliminated from the diet.

Supplements

Lieberman recommends between 400 and 1,200 IU of vitamin E daily. As an antioxidant, vitamin E may help protect the breasts against excess estrogen, which can act as any other toxin. Vitamin E also has anti-inflammatory and hormone-regulating effects. Most people can start with a low dosage and gradually increase to the full amount. Because large amounts of vitamin E may cause a rise in blood pressure, anyone with hypertension should check with her health practitioner before taking supplemental vitamin E.

Herbs

Lumpy, sore breasts may be a sign that estrogen is not being processed smoothly by the liver, says herbalist Gladstar. She recommends combining herbs that stimulate liver function, such as yellow dock, burdock, and dandelion root, with herbs that help to regulate the hormones, such as vitex, which stimulates progesterone, and dong quai, which helps normalize estrogen production. Gladstar has found the following herbal tea blend effective: Combine one part yellow dock root, three parts dandelion root, two parts burdock root, one part ginger root, one part licorice root, one part vitex, four parts pau d'arco. Use four to six tablespoons of the herb mixture per quart of water. Add the herbs to cold water and simmer, covered, over low heat for twenty minutes. Remove from heat and let stand twenty minutes. Drink three to four cups a day.

Homeopathy

"This is generally a chronic problem, and it's fruitless to self-treat most chronic conditions homeopathically," says Reichenberg-Ullman. "I would suggest instead that a woman use herbs or other methods of self-treatment" (see "Homeopathy Basics," page 88).

Aromatherapy

Green explains that a number of essential oils have estrogenic properties, and can therefore aggravate fibrocystic breasts. However, essential oils that stimulate liver function play an important role in hormonal balance. Green recommends combining equal parts of carrot seed oil, rosemary, celery seed, helichrysum, and rose, and stirring this mixture into the bath at night (see "How to Use Essential Oils," page 94).

Other Treatments

Gladstar recommends alternating hot and cold compresses and applying a clay poultice, which is left on overnight to stimulate circulation in the breasts. To make a clay poultice: Mix clay (Gladstar favors green clay, available at natural foods stores) with water to make a thick paste. Smooth the clay over your breasts, wind plastic wrap around your body to keep the clay from staining your bedclothes, and rinse it off in the morning.

Gladstar also suggests gentle massage, another way to improve circulation. Many alternative practitioners believe stimulating circulation facilitates the flow of nutrients and the elimination of waste products.

VARICOSE VEINS

VARICOSE VEINS ARE more than a cosmetic nuisance--the enlarged, gnarly, bluish veins are often painful and can cause leg cramps, fatigue, and ankle swelling.

Varicose veins develop when the veins in the legs are unable to return blood efficiently to the heart. The movement of blood is dependent upon muscle contraction that occurs during physical activity.

Conventional medical treatment for varicose veins involves surgical removal of the offending veins or the injection of a chemical into the veins that causes them to collapse. Both treatments are expensive and carry the risks of scarring and infection. And new varicose veins can appear if the underlying cause is not addressed. Alternative approaches focus on prevention and treatments that stimulate circulation and restore tone to the venous system.

Dietary Suggestions

Insufficient fiber causes straining during bowel movements, increasing pressure in the lower extremities and contributing to a breakdown of the veins. Hudson recommends a high-fiber diet along with a supplemental fiber product, such as psyllium.

"Drink plenty of water with fiber supplements or you can create constipation," she cautions. "Most products advise adding one to three teaspoons to a glass of liquid. I recommend following that with another glass of water."

Herbalist Gladstar suggests frequent consumption of foods high in vitamin C and bioflavonoids, which reinforce the capillaries and help them heal. Citrus fruits eaten with the white inner rind are an especially rich source of both.

According to Lieberman, it's also a good idea to eat large quantities of dark red berries, such as cherries, blackberries, black currants, and grapes, because they contain plant compounds that restore the veins and capillaries. People with varicose veins tend to build up a substance called fibrin, which is deposited in the tissue near the affected veins. Lieberman recommends garlic, onions, cayenne pepper, and bromelain (an enzyme found in fresh pineapple and also available in supplement form), which help to break down fibrin and keep the blood thinned and moving.

Supplements

For strengthening the venous system, Hudson recommends supplementing the diet with 1,000 to 3,000 mg of vitamin C and at least 1,000 mg of bioflavonoids daily.

Herbs

An extract of horse chestnut has been used successfully in Europe to treat varicose veins. Apply a topical preparation to the affected area. Do not take horse chestnut internally unless under the supervision of a professional because it can be toxic.

Homeopathy

Reichenberg-Ullman recommends Hamamelis (witch hazel) for swelling, inflammation, or a bruised or sore feeling in the veins (see "Homeopathy Basics," page 88).

Aromatherapy

Green suggests making the following essential oil blend: five drops of cypress, two drops of lemon, three drops of yarrow, three drops of frankincense, and two drops of rosemary.

Place fifteen drops of the essential oil blend into one ounce of calendula or St. Johnswort oil. Massage this combination gently onto varicose veins two to three times a day.

Other Treatments

Though exercise is beneficial because it increases circulation,

high-impact activity, such as jogging, can cause more problems, says Gladstar. Non-stressful activities like walking are best.

Whenever possible, elevate the legs to avoid pressure on the veins and capillaries. Gladstar suggests keeping a stool at work to prop up the feet, and sleeping with feet slightly elevated. In the morning and evening, massage the legs gently with a cotton towel soaked in cold witch hazel, which has gentle astringent properties. Rub gently toward the heart.

To stimulate circulation, Hudson suggests an alternating leg bath. To prepare the bath: Have two buckets of water ready, one filled with cold water and the other with hot. Place legs into the bucket of hot water for three minutes, then go directly to the cold bucket for one minute. The water should be as hot and as cold as can be tolerated. Alternate back and forth between the buckets three to six times. Diabetics should not use this treatment.

VAGINAL YEAST INFECTIONS

VAGINAL YEAST INFECTIONS, medically known as candida or monilia, are characterized by irritation, itching, and a thick white discharge that may smell like baking yeast. Antibiotic treatment--such as is often prescribed for urinary tract infections--may precipitate a yeast infection by eradicating the beneficial bacteria that keep yeast under control.

Conventional medical treatment focuses on eliminating the yeast with antifungal drugs, but does not address the underlying imbalance. Consequently, a woman can easily find herself stuck in a cycle of yeast infections.

"Natural treatments restore the proper acid-alkaline environment of the vagina and promote a healthy balance of flora," Gladstar says.

Recurring yeast infections should be evaluated by a practitioner to determine if another type of infection, such as trichomoniasis, is present or if they are a sign of a systemic disease like diabetes.

Diet

If you suffer from chronic yeast infections, says Lieberman, evaluate your diet. Avoiding sugar is essential.

Avoid foods that contain molds or yeasts and aged or fermented foods, such as yeasted breads, aged cheeses, vinegar, and beer.

Hudson recommends eating a couple of cloves of raw garlic and a cup of yogurt containing active *Lactobacillus acidophilus* culture every day. Garlic has potent antifungal properties and the *lactobacillus* culture reintroduces beneficial bacteria.

Supplements

Hudson also suggests taking the following nutritional supplements daily to boost the immune system: 25,000 IU of vitamin A, 2,000 mg of vitamin C twice a day, 400 IU of vitamin E, and 15 mg of zinc.

Lieberman suggests three capsules of grapefruit seed extract, which has antifungal properties, taken every day at bedtime (available at natural foods stores). Do not mix with any other supplements or foods. She also recommends one to two teaspoons of powdered *acidophilus* supplements (or the equivalent amount in capsules) per day to help replenish beneficial flora.

Herbs

Gladstar recommends herbal capsules containing equal parts of powdered goldenseal, myrrh, and slippery elm to fight vaginal yeast infections. Mix the powdered herbs together and place the mixture into gelatin capsules (available at natural foods stores). For acute infections, take two capsules every three to four hours.

Homeopathy

Reichenberg-Ullman recommends *Kreosotum* (creosote) for yeast infections with burning, discharge, and violent itching; *Caladium* for vaginal infections with itching; *Mercurius* (mercury) for infections accompanied by rawness and soreness; *Apis* (honeybee) for redness, swelling, and soreness; and *Berberis aquifolium* (mountain grape) for vaginal infections that occur simultaneously with urinary infections (see

"Homeopathy Basics," page 88).

Aromatherapy

Green suggests: Add three drops of bergamot, five drops of geranium, five drops of tea tree, and two drops of myrrh to one ounce of carrier oil, preferably calendula oil because of its antimicrobial properties. Immediately prior to use, add five drops of this mixture to a pint of water or yarrow tea and douche. Repeat two to three times a day until the symptoms are relieved.

A strong yarrow herbal tea for the douche is better than water because it is astringent and benefits the entire genitourinary tract. To make yarrow tea: Add one ounce of yarrow to one quart of boiling water and let steep for fifteen minutes. To alleviate itching, douche with the water or tea temperature as warm as possible.

Other Treatments

Hudson believes that the best treatment for vaginal yeast infections is boric acid suppositories. Fill gelatin capsules with boric acid (available at pharmacies). Insert one capsule vaginally in the morning and another in the evening for three to seven days if treating a mild infection, and for up to two weeks for a more severe infection. The boric acid suppositories can be continued for up to a month in the case of a very severe infection, but Hudson generally finds this treatment is effective within three to seven days.

Reichenberg-Ullman alternates boric acid suppositories with acidophilus suppositories, using a capsule of boric acid in the morning and a capsule of acidophilus at night in order to change the pH balance and replenish the healthy flora.

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Body be beautiful - 89. (includes related articles and recipes)

Good Housekeeping, v208, n5, p89(26)

May, 1989

TEXT:

BODY BE BEAUTIFUL/89

THE RIGHT BRIGHT STUFF

What's your thing--swimming, biking, walking, working out, all of the above? Do it in some of this season's best and brightest gear. Choose sleek new maillots that slice through the water, cycling looks that ride with the wind, walking shorts that stride just right, workout clothes that make all the right moves.

PHOTO : Take the plunge -- chartreuse/black nylon/lycra tank. \$38.

Underwets by Sunset Beach.

PHOTO : 1. Piece of the action -- shocking-pink nylon/Lycra suit by Anne Cole, \$48.

PHOTO : 2. A real think tank -- in nylon/Lycra, from Arena, \$48.

PHOTO : 3. Giant strides -- cotton/nylon top (\$28) and nylon shorts (\$22). Both, by Ocean Pacific

PHOTO : Juniors.

PHOTO : 4. For weights-watchers: a V-necked Supplex nylon top (\$46) and shorts (\$39). By Jantzen

PHOTO : Sport.

PHOTO : 5. Get into gear with an "Aerodynamics" nylon/spandex top (\$23) and shorts (\$28). Marika.

PHOTO : 6. The racer's edge -- cotton/polyester/spandex running suit

(\$37). Bonnie August.

PHOTO : 7. Flower power -- cotton-polyester Lycra leotard (\$30) over cotton/Lycra leggings (\$27).

PHOTO : Dance Basics.

PHOTO : 8. Three to get ready -- nylon/Lycra top (\$17), trunks (\$13), leggings (\$17). Body

PHOTO : Wrappers.

PHOTO : 9. Toeing the line -- top (\$13) and pedal pushers (\$16) in cotton/polyester/spandex.

PHOTO : Jacques Moret.

PHOTO : 10. Big wheel -- cotton shirt (\$20) over Antron nylon/Lycra shorts (\$30). Both, from

PHOTO : Speedo.

PHOTO : 11. It's a cinch -- red cotton/spandex leotard, \$38. By Baryshnikov. Black pindot

PHOTO : cotton/polyester/Lycra capri pants, \$32. Dance Basics.

PHOTO : 12. Stripe up the band -- red/white snapfront cotton/Lycra suit, \$42. Jantzen Jrs.

PHOTO : 13. Sure strokes -- chartreuse/black nylon/Lycra belted maillot, \$44. By Hot Coles.

PHOTO : 14. Body talk -- black lace-inset cotton/polyester/spandex unitard. \$42. By Gilda Marx

PHOTO : Body.

PHOTO : 15. Free-wheeling -- color-blocked Antron nylon/Lycra top (\$30), bike shorts (\$25). By

PHOTO : Softouch-Sport. News from the fitness front lines on what's in, what's out -- and what's coming

COUCH POTATOES IN TRAINING?

You may think you're doing nothing, slouched in front of that TV, but you're actually in training--negative training. Experiments at the University of Southern California found that inactivity changes muscle fibers as surely as exercise, but in the opposite way.

Specifically, says physiologist Gary C. Sieck, associate professor of biomedical engineering at USC's School of Engineering, well-exercised muscle fibers cause an increase in oxidative enzyme activity -- necessary for the most efficient production of energy; unused muscles produce lower activity. The result: declining strength and endurance--"jeopardizing the normal functioning of muscles"--as day follows sedentary day.

You can't reverse years of couch-potato training overnight, Dr. Sieck warns. The longer you've been sedentary, the longer it may take to retrain those muscles in the right direction.

Exercising during pregnancy: MODERATION THE KEY

A study of 45 pregnant women, published in the Journal of the American Medical Association, found that slowdown of the fetal pulse--a warning signal that too little oxygen was reaching the fetus--was common when women went all-out on stationary bicycles. But such episodes were rare when they exercised at a moderate rate that still benefited them aerobically.

To be safe, keep your pulse under 150 beats per minute--roughly, a workout pace at which it's just possible to maintain a conversation--and cool down gradually instead of stopping abruptly.

EXERCISE THE MIND TOO

Just a little exercise can be a real boon to the mind as well as body. And more is better, according to researchers at the University of Illinois. When they surveyed 401 adults, they found significantly fewer symptoms of depression and anxiety among those who took part in any exercise, activity, or sport, than among the one-third who never got physical at all. The exercise didn't have to be strenuous or even aerobic to pay off, but time made a difference: the more active hours spent, the fewer the complaints of tension, poor sleep, and pessimism.

THE MAGIC NUMBER THREE

For aerobic dancers who want gains without pains, "three" could be your lucky number. In one group of 726 people who'd been working out for at least a year, nearly one-half reported at least one exercise-related injury--one-fourth of them requiring medical attention. Those who put in the most aerobic activity time (including warm-ups and cool-downs) were injured most frequently--with a noticeable turning point at three sessions per week. When you go beyond three, says Dr. Thomas A. Cable, "the risk of injury distinctly increases, but the aerobic benefit doesn't."

Q&A ON FITNESS

Q. Is it better to work out before work, at lunchtime, or after work?

A. The best time to exercise is just before you want to do your best work. After a vigorous workout, you are more alert and better able to concentrate because your circulation and metabolism are stimulated. Your temperature is elevated, your pulse rate is higher than normal, and you continue to burn extra calories.

However, the increased concentration that comes from exercise only lasts four to six hours. Thus, if you exercise early in the morning, you will probably run out of steam around noon and your energy will flag in the afternoon.

Q. I am 35 years old and would like to start an exercise program. Should I get an exercise electrocardiogram before I begin?

A. An exercise electrocardiogram (EKG), in which a patient is monitored while exercising at increasing speeds, lets your physician and you know how much exercise your heart can tolerate. If you are generally healthy, it isn't necessary to take an exercise EKG before you begin an exercise program. Nevertheless, taking an exercise EKG is recommended if you have any heart-risk factors such as high blood pressure, a high blood-fat level, irregular heartbeats, unexplained dizziness, or a history of heart disease, or if you smoke. If any abnormalities show up, you will have to take further tests. The procedure itself is very safe, with a less than one in 20,000 chance of causing a heart attack.

Q. Is it true that if a person who exercises a lot and gets large muscles later stops exercising, the muscles will turn to fat?

A. This is an extremely common misconception, but it is nonsense. Muscles cannot possibly turn to fat. When you exercise, your muscles often become larger and stronger. Muscles contain protein, which is composed of amino acids, or building blocks. The amino acids constantly travel out of the muscles into the bloodstream and then back into the muscles. This happens whether or not you exercise. Exercise, however, is a major stimulus to drive the amino acids into the muscle tissue at an increased rate. As a result, the muscles become larger and stronger.

If you are a regular exerciser and you suddenly stop exercising, there is less stimulus for the amino acids to return to the muscles, which become smaller. Instead, the amino acids go into your bloodstream and, since your body has no way to store extra protein after it is released by your muscles, the amino acids are broken down into ammonia and organic acids that are then eliminated in your urine.

The only way you will become fat after you stop exercising is if you continue to eat as much as you did when you exercised and were burning more calories. But that has nothing to do with the size of your muscles. That has to do with eating too much. Solution: don't stop exercising.

Q. What is the purpose of a warm-up and how does it improve performance?

A. Every time you work out or play a sport you should start with a few minutes of warm-up activity to prevent muscle injuries, increase the flow of blood to your heart, and help you perform better and enjoy your exercise more.

Muscles are like putty. The temperature of a cold, resting muscle is 98 [degrees] F. Cold muscles are still and are more likely to tear when you

exercise them vigorously. If you take time to warm them up to 101 [degrees] or 102 [degrees] F before you work out, your muscles will be soft, pliable, and more resistant to injury.

Q. Is jumping rope an efficient way for me to improve my level of fitness?

A. Jumping rope is an excellent exercise for a number of reasons: it helps develop heart-lung fitness, it can be done indoors or out, and it is inexpensive. Depending on your speed, you can burn up to 600 calories an hour jumping rope. Nevertheless, although it looks easy, jumping rope is a demanding exercise that requires a high degree of physical fitness before you can exercise enough to strengthen your heart.

You must exercise at least 10 minutes continuously in order to strengthen your heart. But jumping rope for 10 minutes is difficult. To keep the rope from tangling you have to spin it about 80 times a minute.

If you are beginning a regular exercise routine, begin gradually. It takes many months to get up to 10 continuous minutes of jumping rope.

Q. Is jogging in place as effective as jogging on the roads to make you fit?

A. Yes. If you expend an equal amount of effort, you can burn the same number of calories, lose the same amount of body fat, and strengthen your heart as well by jogging in place as you would jogging outdoors.

You don't need any special equipment to jog in place. You don't even need to wear shoes, although it's advisable to jog on a rug to help cushion your landing.

In terms of fitness, jogging in place ranks high among exercises. The average jogger can burn 250 calories to 300 calories in 30 minutes. Jogging in place is also good for firming up muscles throughout your body.

Q. How can I prevent cramps in my calves at night?

A. Most nighttime muscle cramps can be prevented by stretching the cramp-prone muscle before going to bed. If you get cramps in your calf muscles, for instance, you should stretch those muscles by doing wall push-ups. Face a wall, standing at least four feet away. Place your palms flat on the wall, keeping your back straight. Bend your elbows so your upper body moves closer to the wall. Press your heels to the ground to stretch the calf muscles. Hold this position for a count of 10. Straighten your elbows and push up to a standing position. Repeat at least five times before you go to bed.

If stretching before bed does not prevent further cramps, check with your doctor. You may have another, less common, cause of muscle cramps, such as a blocked flow of blood to the muscle; abnormal levels of such minerals as potassium, sodium, calcium, or magnesium; a pinched nerve; or a problem with the muscle itself.

An expert in sports medicine, Dr. Mirkin has broadcast on both television and radio. He is also the author of *The Sportsmedicine Book* and *The Complete Book of Sportsmedicine for Women*.

WORKING OUT WHILE STAYING HOME

It's convenient, it's private, and it's easily tailored to your special needs. The key: knowing what equipment to buy. Here, tips on choosing the four most popular machines

Bad weather, or lack of a simpatico health club, needn't keep you from shaping up. Today, there's a plethora of at-home equipment to work your major muscle groups, condition your body, build your endurance, and strengthen your heart and lungs.

The most popular machines for at-home use are stationary cycles, rowers, treadmills, and cross-country skiers. Since prices range from \$45 for a basic bicycle-wheel-type cycle to \$2,000 for a super-duper computerized treadmill, here are some guidelines to help you choose a quality machine at a price you can live with.

We asked Sean Kelleher, an exercise physiologist, to point out which body parts are worked by each machine.

CYCLES/CROSS-COUNTRY SKIERS: WHAT THEY WORK

STATIONARY CYCLES CALVES and THIGHS Basic Features 1 No rocking motion. 2 No sharp edges. 3 Rides quietly. 4 Seat has adjustable tilt, height. 5 Handlebars adjust. 6 Smooth wheel and pedal rotation over adjustment range. 7 Has speedometer, odometer. PRICE RANGE: \$45 to \$90 Upscale Features 1 Handlebar column adjusts forward, back. 2 Weighted metal "fly-wheel." 3 Caliper brake with large pads. 4 Dualaction handlebars. 5 Electronic display: elapsed time, pulse, calories burned. PRICE RANGE: \$200 to \$500 CROSS-COUNTRY SKI MACHINES SHOULDER, ARMS, WAIST and LOWER BODY Basic Features 1 Sturdy: no rocking motion. 2 Smooth finish: no rough edges. 3 Operates quietly. 4 Shoes glide smoothly, have adjustable straps. 5 Poles adjust for height, tension. PRICE RANGE: \$40 to \$100 Upscale Features 1 Smooth operating fly-wheel that includes resistance adjustment. 2 Multiposition height adjustment to simulate skiing uphill. 3 Electronic digital display showing some of following: speed, elapsed time, distance covered. PRICE RANGE: \$450 to \$700

TREADMILLS/ROWERS: WHAT THEY WORK

TREADMILLS LOWER BODY and BUTTOCKS Basic Features 1 Sturdy, sits firmly on floor, operates quietly. 2 Smooth finish: no sharp edges, projections. 3 Handrail on outside or in front. 4 Belt should operate smoothly. 5 Helpful to have speedometer and odometer. PRICE RANGE: \$150 to \$250 Upscale Features (motorized models) 1 Higher horsepower motor (around 1 hp) to allow for greater belt-speed range. 2 Direct current (D.C.) motor, which generally provides higher speed-adjustment range (starting at 0 mph) than alternating current (A.C.) motor. 3 Speed-adjustment switch. 4 Belt-angle adjustment (done with a separate motor, pneumatically, by crank, or manually). 5 Wheels for easy transport. 6 Electronic digital display of one or more of following: time, speed, distance, pulse, calories burned. PRICE RANGE: \$300 to \$2,000 ROWING MACHINES ARMS and SHOULDERS Basic Features 1 Sturdy: no rocking motion when in use. 2 Smooth finish: no rough edges, projections. 3 Operates smoothly without jerking. 4 Operates quietly. 5 Comfortable seat with smooth ride. 6 Seat travels sufficiently for full body stretch. 7 Easy-to-adjust hydraulic cylinders for different resistance levels. 8 Easy storage. 9 Adjustable straps on foot rests. PRICE RANGE: \$50 to \$90 Upscale Features 1 Seat that runs on sealed bearings. 2 Rotating handle grips to prevent blisters, fatigue. 3 Aluminum beam-shaped frame. 4 Padded seat. 5 Electronic digital display of one or more of the

following: time, rowing speed, distance covered, strokes per minute, pulse, calories burned. PRICE RANGE: \$200 to \$350

How to Choose EXERCISE VIDEOS

It's positively mind-boggling. There are video workouts for every interest, type of exercise, and ability level. So think through the following selection process: * Define your goals. Decide which video covers the categories you seek -- flexibility, strengthening, or aerobics. * Check out what's current in the market, then mix and match with your other routines -- for example, swimming with a stretch-and-tone video. * A good exercise video follows professional standards: clear, easy-to-follow instructions; proper warm-ups; correct body alignment and positioning to reduce risk of injury and make exercise effective; slow, static stretches; gradual increases from light to rigorous; a cool-down; and appropriate music.

After you've decided on a suitable video, check the level of difficulty, intensity of workout, stature and credentials of presenter, whether it's easy to follow, and how you respond to the music.

A good rule of thumb: Before you buy, rent and preview.

BEAUTY AND THE BATH

Pamper yourself while you work on your looks -- turn your bathroom into a beauty spa!

Legend has it that Cleopatra bathed only in milk, provided by a herd of a hundred cows. Roman matrons filled their marble tubs not with water from the empire's great cisterns but with skin-softening olive oil. As for the courtesans of French kings, when they bathed (not often, by our standards), thousands of rose petals were reportedly strewn in their baths. None of that is what we have in mind here. But we do tell you how to savor the fragrant rituals of the bath at the same time you soften your skin, condition your hair, give yourself a mask treatment, a pedicure.

TO YOUR HEALTH

According to dermatologist John Romano, M.D., with New York Hospital/Cornell Medical Center, a healthy bath changes at different times of the year. In winter, cold weather and dry indoor heat cause water to evaporate quickly. Dr. Romano advises taking a shorter bath -- around 10 minutes -- in warm, not hot water. The water temperature should feel comfortable right away. In warmer weather, try a longer soak of up to 20 minutes -- again, in warm water.

For an "invigorating" bath, he suggests a cool bath or shower after a warm tub. Never go from hot to cold water. For a "soothing" soak, add skin softeners to the water, dim the lights, listen to music, and lean your head on an inflatable pillow.

BATH BEAUTIFIERS

There are oils, gels, soaps, and other products designed to soothe, soften, scent, and cleanse your skin. Here's what's available: * Bath oils -- to soften, lubricate skin. Do not disperse in water but lie on top, so you "pass" through it. * Bath gels -- gentle cleansers, often fragranced. * Bath beads/crystals -- add color, fragrance to bath; may also soften water. * Bubble bath -- adds scented bubbles (washes away tub ring, too!) * Milk bath -- softens and soothes sensitive skin. * Scented soap -- fragranced, many contain moisturizing ingredients.

MASK MAGIC

To make your bath truly beautifying, use a facial mask while you soak in the tub (cleanse face thoroughly first). Since most masks need 10 to 20 minutes, the timing is just right, and the warm, moist air helps make the most of the mask. What kind of mask is right for your type of skin? If it's: * DRY: Choose a moisturizing mask with nourishing ingredients in a lubricating base to help hydrate, moisturize skin. (Use once a week.) * OILY: Choose a cleansing mask, which helps clean pores, absorb excess oil; clay is best, as it tightens pores temporarily as surface oil is absorbed. (Use 1-2 times a week.) * ACNE-PRONE: Choose a clay or acne mask to help dry blemishes; look for ingredients benzoyl peroxide and/or sulfur on label. Consult your dermatologist for the best product for you. (Use twice a week.) * NORMAL/COMBINATION: Choose a cleansing mask in summer, followed by a moisturizer; use a moisturizing mask in winter. (Use 1-2 times a week.)

HAIR REPAIR

Deep-condition your hair in the bath. Wash hair, apply conditioner, comb through, wrap in warm, damp towel. * For dry, damaged hair: Use a hot oil treatment weekly; in between, a moisturizing conditioner after each shampoo. * For normal hair: Try a protein conditioner every other week. Work it through hair, avoiding scalp area; rinse thoroughly with warm water. * For oily hair: After deep cleansing shampoo, use light conditioner on ends only, making sure to rinse well.

SKIN POLISHERS

Exfoliate (slough off dry skin cells) gently on elbows, knees, and feet with a sponge, loofah, or pumice stone. Try creamy cleansing grains or washcloth on more sensitive arms, legs, chest, back, or buttocks. Always moisturize afterward, adds skin-care pro Christine Valmy.

THE PAMPERING PEDICURE

Noelle Decaprio, of Noelle The DaySpa, provides these simple steps to the perfect pedicure: 1 Pat feet dry, push back cuticles gently with orange stick. Use pumice or scraper to smooth skin. 2 Massage in moisturizer. Weave tissue between toes to separate. 3 Clip nails straight across, gently file corners. 4 Apply clear base, then nail polish.

MOISTURIZE...

The best time to moisturize is after a bath or shower when skin is still damp. Pat skin dry, smooth on moisturizer -- it holds moisture and seals it to the skin's surface. Whether you choose a lotion, cream or oil, your moisturizer should have a pleasant consistency, absorb easily, make your skin feel softer, smoother after use.

PHOTO : WHAT YOU NEED

PHOTO : Be sure to have the following on hand for your bath: 1 A washcloth, natural sponge, or

PHOTO : loofah mitt 2 Additives like bath oil or gel 3 Fragranced soap 4 Facial mask 5 Hair

PHOTO : conditioner 6 Wide-tooth comb 7 Body moisturizer 8 Body powder

SAY GOOD-BYE TO FEAST-AND-FAMINE!

Are you a victim of the "yo-yo" syndrome -- you lose weight by dieting, only to gain it back by pigging out? Here's how to change all that

When it comes to losing weight, we all have a one-track mind. The track it runs on is dieting -- cutting food and calories to the bone. Trouble is, dieting is only part of the equation that adds up to successful, long-term weight loss. Put exercise in the picture, the experts say, and you'll not only drop the weight but zap those "lose-it-and-gain-it-gain" blues.

This so-called "yo-yo" syndrome is often caused by trying to be thinner than your body will allow, notes Kelly D. Brownell, Ph.D., department of psychiatry, University of Pennsylvania School of Medicine. And the problem with dieting alone is that it ultimately fails.

Willpower isn't the culprit, surprisingly. What it may be: your body's defense mechanism fighting off starvation. "If you restrict food intake, the body defends itself by lowering its metabolic rate," Dr. Brownell explains. "Your body doesn't know the difference between being on the Beverly Hills diet or in a concentration camp!"

If, in fact, you were faced with real-life starvation, a lower metabolic rate would be an advantage. But if you're just dieting and your metabolic rate drops, you'll have to cut food intake even more to lose weight, because your body has become more efficient, says George Blackburn, Ph.D., chief of the Nutrition/Metabolism Laboratory at the Cancer Research Institute, Harvard Medical School.

The result? You hit a plateau, get discouraged, go back to the old eating habits and gain the weight back. Though the initial dieting resulted in loss of fat and muscle, subsequent gains may come on strictly as fat. You weigh the same, but you actually may be "fatter." Also, notes Dr. Brownell, body fat may get redistributed for the worse: If it moves to the upper abdominal area, it could contribute to heart disease.

THE EXERCISE ADVANTAGE

When exercise enters the picture, however, you have a fighting chance for permanent weight loss: Exercise has a positive effect on the metabolic rate.

"It's not that exercise speeds your metabolism up -- it prevents it from becoming too slow," says Dr. Blackburn. By maintaining your metabolic rate (through exercise) and gradually cutting calories, you burn stored fat.

That can bring long-term results. Studies show that people who still exercise a year or two after a weight loss are more likely to keep the weight off.

How much exercise is necessary? According to the American College of

Sports Medicine, a desirable regimen includes 20- to 30-minute aerobic-exercise sessions at least three days a week, at a minimum of 60 percent of your maximum heart rate.

Even after the weight's off, Dr. Blackburn warns, don't become a couch potato--exercise at least 200 minutes a week, in 20- to 40-minute sets.

Ultimately, the best approach to permanent weight loss is combining sensible eating with regular exercise, the experts say. Start by cutting down on fat: choose low-fat dairy products; go easy on oily salad dressings; substitute broiling for frying or sauteing; trim off any visible fat, and remove skin from poultry.

Don't try to "crash" off the pounds in a hurry--gradual weight loss is your goal. Dr. Blackburn suggests you try to lose five percent of your weight, then keep it off for the next 6 to 12 weeks. After 12 weeks, lose another five percent. Finally, realize that keeping the weight off is even more important than losing it in the first place.

NAILS Turn Yours into a Perfect 10!

Your fingernails tell a lot about you. Whether you buff them, polish them, sculpt them, or keep them bare, here's how to be sure they signal a beautiful you...

DID YOU KNOW THAT ...

- * Nails grow about 1/8" per month. That means it takes about 6 months for an entire nail to "grow out."
- * Nails grow faster on the dominant hand.
- * Nails grow faster in warm regions, slower in cold.
- * Fancy fingerwork--such as typing, piano playing--speeds nail growth.
- * Nail growth slows at night, during illness, or if nutrition is poor.
- * Toenails grow faster than fingernails.
- * Men's nails grow faster than women's.
- * Nails grow faster during childhood and premenstruation.
- * Finger size affects growth rate, i.e., middle finger grows fastest, the thumb slowest.

7 STEPS TO A PERFECT MANICURE

Treat yourself to salon-quality results--here's how! Step #1. Remove old polish. Saturate cotton ball with remover; press on nails for a few seconds, then wipe toward tip. Step #2. Shape nails: Clip first, but never straight across; do sides first, then center. Then file (dry) nails, working in one direction only. Never saw back and forth. Step #3. Soak fingertips in warm sudsy water. Apply cuticle cream; gently push back cuticles with flat side of (wooden) orange stick. Step #4. Rub in hand cream; remove excess around nails. Step #5. Apply base coat --or, if nails are weak or brittle, use nail strengthener or ridge-filler first. Step #6. Polish nails--in 3 strokes: once down the middle of nail from cuticle to tip, once on each side. Let dry. Apply second coat. Step #7. Finish with top coat--to protect, add sheen. PRO POINTER: To speed drying, beauty pro Christine Valmy suggests (after nails have dried a minute) brushing a layer of cooking oil over polish.

Color Cues

To find the most flattering nail colors, choose the ones that complement your skin tone, just as you do your makeup shades

PINK/BLUE	IVORY/PEACH	PORCELAIN/OLIVE BLACK
COOLS	WARMS	BRIGHTS

PRO NAIL CARE SECRETS

For a truly expert look, we went to the people who really know: professional manicurists. Here's what they tell us: 1. To patch a broken nail, says Roseann

Singleton, first remove polish, then dab glue on split area, let dry.

Repeat two more times. Buff. 2. Says Catherine Atzen: Treat your nails to some intensive moisturizing when you wash the dishes. Massage

hands generously with cream, slip on

rubber gloves--and go to work! 3. If you smudge your polish while

applying it, says Elisa Ferri, dampen thumb with polish remover, smooth lightly over smudge, then slick on a new coat. 4. To keep cuticles in top condition, Diane Young advises pushing them back gently with a wash-cloth whenever you bathe. 5. If nails are dry or brittle, notes Valerie, soak daily in a bowl of warm water filled with a few drops of baby or vegetable oil.

NAIL TIP-OFFS

What can your nails tell your doctor about your health? "Nails can be used as clues to what's going on inside," says Diana Bihova, M.D., of New York University Medical Center. Here, some common clues.

PROBLEM	DESCRIPTION	POSSIBLE CAUSES
Brittleness r,	Nails split or crack easily	Overexposure to hot water detergent, chemicals
Pitting opelia	Small dents or marks in nails' surface	Psoriasis, stress, or al reata (skin disorder cau hair loss)
White Spots	Small white flecks often appearing in groups of 2 or 3	Injury; calcium or zinc deficiency
Spoon Nails y	Nails curve upward from base	Hereditary; iron deficienc
Separation from fections,	Nail pulls away from flesh	Nail injuries, fungal in
Nail Bed ulation	of finger	psoriasis, impaired circ
Yellowing in D,	Overall discoloration	Smoking, dark polish, diabetes, too much vitam antibiotics, aging
Horizontal Ridges r,	Bands running from one side of nail to the other	Severe stress, high feve debilitating illness

TEST YOUR NAIL IQ

Check off the answer that best applies. Count the number of answers for each letter. Then find your nail profile, right. 1 I care for my nails: a. once a week; b. every two weeks; c. once a month; d. special occasions only. 2 I usually treat myself to: a. a manicure and massage; b. complete manicure; c. new polish only; d. nothing. 3 My nail-enamel collection includes: a. 10 or more shades; b. 6-10 shades; c. 3-5 shades; d. 0-3 shades. 4 My activities are mainly: a. light and easy; b. keyboard (piano, typewriting); c. handicrafts, gardening; d. household chores. 5 My biggest

problem is: a. finding time for my nails; b. discoloration; c. splits, ridges, softness; d. raggedy cuticles. 6 I splurge on a pedicure: a. once a week; b. every two weeks; c. once a month; d. special occasions only. 7 Every day I usually set aside for myself: a. 1 hour; b. less than 1 hour; c. a few minutes here and there; d. nothing at all--I never have time. 8 I notice other people's nails when: a. their polish doesn't match their outfit; b. they're extremely long; c. they're broken, chipped, uneven; d. they're bitten. 9 If I were wearing a red polish on my nails, I'd polish my toenails: a. the same red; b. a clear color; c. any shade I liked; d. nothing at all. 10 My attitude toward my nails is: a. confident; b. a bit embarrassed; c. self-conscious; d. sheer humiliation.

WHAT IT ALL MEANS:

If you've answered mostly A's: Good for you. You know the importance of beautiful, healthy nails. You're not only fashionable, but smart. Your life-style is unpredictable and you've got to look your best at a moment's notice. If you've answered mostly B's: You care about keeping your nails healthy and attractive, and you have a keen fashion sense. But remember--beauty is only skin deep. Take an extra minute in your manicure to cover all the bases. If you've answered mostly C's: You're in the majority! You know nails are part of your total look, but your schedule and hobbies keep you from the attention your hands need. Plan your schedule to allow at least 10 minutes a day for nail care. You'll see the difference and won't ever feel self-conscious about displaying your nails again. If you've answered mostly D's: There's hope. We're not all born with beautiful nails. They take nurturing. There's no excuse now: Manicures are quick and easy with products targeted to specific problems. You'll be able to whip your hard-working nails into shape. And in no time, you'll have nothing to hide!

EASY PERFECT 10

If you can't grow perfect nails, choose from one of the artificial types below. We tell which are easy enough to do at home, which are best left in the hands of a real pro. FULL NAILS: Applied with special glue or self-adhesive tabs, these nails fit on top of natural nail. Some are even pre-polished. These are the easiest faux nails to apply, and are also reusable. NAIL TIPS: Easy to apply and available in a variety of lengths, tips are glued to center of natural nail and extend to desired length. Also the best and fastest remedy for a broken nail. Apply your own polish on top. SCULPTURED NAILS: Using a nail-shaped form as a guide, an acrylic mixture is painted over the mold to form a natural-looking nail shape, then removed after hardening and filed to desired length. This method is best applied by a professional and requires "fill-in" every 2-3 weeks as your natural nails grow. It is also the strongest, most permanent and natural-looking technique. Remember: With all artificial nails it is best to remove them periodically and give your natural nails a "breather." Never apply a nail glue or acrylic preparation to an irritated or infected area. If you are allergic or suffer any reaction to the nails or glue, discontinue use immediately. Never allow children to play with nail products!

NUTRITION NEWS

Surprising facts about cheese (and cheesecake!) * Foods that build fitness * PMS warning

"Iron" Out WORKOUT EXHAUSTION

Everyone knows that iron-deficiency anemia can cause listlessness and fatigue, but did you know that even a mild nonanemic iron deficiency can sap your strength and sabotage your fitness routine? Researchers at the USDA Human Nutrition Center in Grand Forks, N.D., fed 11 women--all in their late twenties--a low-iron diet for nearly three months. The results? As their iron reserves decreased, so did their ability to supply their muscles with oxygen. Without adequate oxygen, the body is forced to burn more carbohydrate and less fat, which, in turn, causes lactic acid (a

byproduct of exercise) to build up quickly in the blood and trigger exhaustion. So if you tend to poop out while working out, have your doctor check your iron status via a serum-ferritin test; don't self-dose with iron supplements. You can give marginal iron stores a boost by improving your diet: * Eat lean red meat, poultry, fish--best iron sources. * Legumes, enriched and whole grains, and dark green leafy vegetables are also good sources of iron, especially if eaten with small amounts of meat or a vitamin-C-rich food (tomatoes, orange juice, etc.). * Don't drink coffee, tea with or directly after meals.

For Healthy Teeth, SAY "CHEESE"

Good news for cheese lovers: At least 12 types of cheese can help battle plaque acids that cause tooth decay. In a study at the University of Iowa College of Dentistry, five volunteers used sugar rinses to create an acid attack on the teeth before and after they ate cheese (microelectrodes in the mouth measured changing acidity levels). The results? All the cheeses tested neutralized the plaque acids, whether or not the sugar rinse came before or after the cheese was eaten. And Cheddar cheese, eaten four times daily for two weeks, was found to remineralize (or harden) an artificially created area of decay on toothlike material--suggesting that Cheddar cheese might be able to "heal" a potential cavity!

Yes, Virginia IT'S NO-CHOLESTEROL CHEESECAKE

In this cholesterol-conscious age, indulging in creamy, rich cheesecake is practically the Ultimate Sin. Even if you could justify the calories, the high levels of fat and cholesterol can literally do your heart in. So Galaxy Cheese Company developed a heart-healthy alternative.

The results: Le Creame For-magg Cheese Cake has the creamy taste and texture of the cholesterol-crammed original but none of the cholesterol, lactose, and butterfat; is low in sodium, with 35 percent fewer calories (230 per 4-oz. slice compared to 350 of the sinful stuff); and has 65 percent less saturated fat.

So replace the cholesterol and guilt in the flavor of your choice--plain, pineapple, amaretto almond, or strawberry.

PMS SUFFERERS, BEWARE!

A popular assumption today is that PMS (premenstrual syndrome) is caused by a nutritional deficiency of certain vitamins and minerals. Not so, according to a recent study at the University of Sydney, Australia, which found no links between nutrient shortages and PMS symptoms. Involving 61 women--38 PMS-sufferers and 23 nonsufferers--researchers compared blood levels of two minerals (magnesium and zinc) and four vitamins (thiamine [B.sub.1], [B.sub.6], vitamins A and E) in the two groups. The conclusion: No evidence was found that PMS symptoms are caused by nutritional deficiencies.

PMS- and nonsufferers alike should be wary of taking megadoses of vitamins and minerals, which can be toxic.

FOOD TO KEEP FIT ON

VEGETABLE PASTA TOSS

1/2 16-ounce package rotelle

macaroni (corkscrews) 1/3 cup bottled reduced-calorie

Italian salad dressing

1 teaspoon Dijon mustard

1/2 8-ounce package part-skim

mozzarella cheese, cut into

1/2-inch cubes

1 14-ounce can artichoke hearts,

drained and each cut in half 1/2 cup pickled sweet-red-pepper

slices, cut into strips 1/2 cup frozen peas, thawed 1/2 teaspoon salt

ABOUT 2 HOURS BEFORE SERVING: 1. Prepare macaroni as label directs; drain.

2. In large bowl, mix dressing and mustard. Add macaroni, cheese, artichokes, pepper strips, peas, and salt; toss until mixed; cover and refrigerate 1 hour to blend flavors. 3. To serve, toss lightly. Makes 4

servings. About 335 calories per serving.

Additional nutritional information: Cholesterol: 15 mg/serving

Sodium: 630 mg/serving

PAPAYA SORBET

- 1 medium-sized ripe papaya (about 1 pound), seeded, peeled, and cut into cubes
- 1/2 cup sugar
- 2 tablespoons lemon juice

1/8 teaspoon salt EARLY IN DAY OR UP TO 2 WEEKS AHEAD: 1. In blender at high speed or in food processor with knife blade attached, blend papaya, sugar, lemon juice, and salt until smooth. 2. Pour mixture into 9" by 9" baking pan: add 2 cups water, stirring until well combined. Cover pan with foil or plastic wrap and freeze, stirring occasionally, until partially frozen, about 3 hours. 3. Spoon partially frozen mixture into food processor with knife blade attached, returning baking pan to freezer to keep cold. Blend mixture until smooth, but still frozen. (Or spoon mixture into blender; blend at high speed until smooth, but still frozen, stopping frequently to scrape container with rubber spatula.) Return mixture to baking pan. Freeze until firm, about 3 hours. 4. To serve, let sorbet stand at room temperature about 15 minutes to soften slightly. Makes 6 servings. About 95 calories per serving.

Additional nutritional information: Cholesterol: 0 mg/serving Sodium:

45 mg/serving

CHOCOLATE MERINGUES

- meringues
- 2 egg whites
- 1/4 teaspoon cream of tartar
- 1/3 cup sugar filling
- 1 teaspoon unflavored gelatin
- 1/4 cup evaporated skimmed milk, well chilled
- 2 tablespoons sugar
- 1 tablespoon unsweetened cocoa
- 1 tablespoon grated semisweet

chocolate for garnish ABOUT 4 HOURS BEFORE SERVING: 1. Prepare meringues: In small bowl with mixer at high speed, beat egg whites and cream of tartar until soft peaks form; gradually sprinkle in sugar, beating well after each addition until sugar dissolves and whites stand in stiff peaks. 2. Preheat oven to 200 [degrees] F. Line cookie sheet with foil. Mark four 4-inch rounds on foil. Spoon meringue into decorating bag with large star tube. Pipe 1/4 of meringue into each round on foil. (Or, spoon meringue into each round.) With tablespoon, shape each to form a nest. 3. Bake 2 1/2 to 3 hours until crisp, not brown. Cool on cookie sheet on wire rack. Carefully remove from foil. 4. Prepare filling: In small saucepan, sprinkle gelatin over 2 tablespoons water; let stand 1 minute to soften gelatin slightly. Cook over low heat until gelatin completely dissolves, stirring occasionally; cool slightly. 5. In small bowl with mixer at high speed, beat chilled evaporated skimmed milk until soft peaks form. Gradually beat in sugar and cocoa, then gelatin mixture, beating until stiff peaks form. Immediately spoon 1/4 of mixture into each cooled meringue shell. Sprinkle with grated chocolate. Makes 4 servings. About 125 calories per serving.

Additional nutritional information: Cholesterol: 1 mg/serving Sodium:

45 mg/serving

CHICKEN JALAPENO

- 2 tablespoons lemon juice
- 2 large garlic cloves
- 1 jalapeno pepper, seeded and minced
- 2 whole medium-sized chicken breasts, skinned and halved

1 tablespoon salad oil
1/4 cup red wine vinegar
1 14 1/2- or 16-ounce can whole
tomatoes 1/4 cup minced shallots
1 tablespoon tomato paste
1/4 teaspoon salt generous dash

hot pepper sauce ABOUT 2 3/4 HOURS BEFORE SERVING: 1. In small bowl, combine lemon juice, garlic, and jalapeno pepper; spread mixture over chicken. Refrigerate 2 hours to blend flavors. 2. In 10-inch heavy skillet over medium-high heat, in hot salad oil, cook chicken until lightly browned on all sides, about 5 minutes. Remove chicken from skillet; set aside. 3. Add vinegar to drippings in skillet, stirring to loosen brown bits. Add tomatoes with their liquid and remaining ingredients, stirring to break up tomatoes; bring to boil. Return chicken to skillet, and continue cooking, partially covered, about 15 to 20 minutes or until chicken is fork-tender and sauce reduces slightly. Garnish with jalapeno pepper and parsley. Makes 4 servings. About 195 calories per serving.

Additional nutritional information: Cholesterol: 70 mg/serving

Sodium: 380 mg/serving

GINGER SWORDFISH

1 swordfish steak, 3/4 inch thick
(about 1 pound)
2 tablespoons grated, peeled
gingerroot
2 tablespoons light soy sauce
1 tablespoon olive or salad oil
cucumber slices, radishes, and

lemon wedges for garnish ABOUT 1 1/2 HOURS BEFORE SERVING: 1. Remove skin from swordfish, and cut into 4 pieces. 2. In shallow baking dish, combine gingerroot, soy sauce, oil, and 3 tablespoons water; add swordfish, turning to coat. Cover; refrigerate 1 hour to blend flavors. 3. Preheat broiler if manufacturer directs. Spray rack in pan with vegetable cooking spray. Place swordfish on rack reserving ginger-soy sauce, broil about 10 minutes, turning once with pancake turner, or until fish flakes easily when tested with fork. 4. To serve, heat reserved ginger-soy sauce to boiling, pour over fish. Garnish with cucumber slices, radishes, and lemon. Makes 4 servings. About 175 calories per serving.

Additional nutritional information: Cholesterol: 45 mg/serving

Sodium: 300 mg/serving TO GRILL OUTDOORS: Prepare fish and ginger-soy sauce as above in steps 1 and 2. Prepare outdoor grill for barbecuing. Place swordfish on grill over medium heat, cook about 5 minutes or until fish flakes easily when tested with fork. Heat ginger-soy sauce as in step 4.

BROILED SALMON STEAKS WITH PARSLEY SAUCE

1 medium-sized lemon 4 small salmon steaks, each 3/4 inch
thick salt (optional) pepper vegetable cooking spray 1 cup packed
chopped parsley 1 chicken-flavor bouillon cube(*) 1 tablespoon margarine
ABOUT 25 MINUTES BEFORE SERVING: 1. Cut 4 thin slices from lemon; set aside for garnish. From remaining lemon, squeeze 1 tablespoon juice; set aside. 2. Sprinkle salmon steaks with salt and pepper. Spray rack in broiling pan with vegetable cooking spray. Place salmon steaks on rack; broil about 10 minutes or until fish flakes easily when tested with a fork, turning once with pancake turner. 3. Meanwhile, in blender at medium speed, blend parsley, bouillon, margarine, 1/3 cup water, and lemon juice until smooth, stopping occasionally to scrape blender with rubber spatula. In 1-quart saucepan over high heat, heat parsley mixture to boiling, stirring occasionally. 4. To serve, on each of four dinner plates, place a salmon steak. Spoon some parsley sauce around each salmon steak. Garnish with lemon slice. Makes 4 servings. About 275 calories per serving.

Additional nutritional information: Cholesterol: 95 mg/serving

Sodium: 395 mg/serving

(*)Use low-salt bouillon if desired.

BEEF WITH SUN-DRIED TOMATOES AND BASIL

1/4 cup sun-dried tomatoes
1 cup loosely packed basil leaves,
coarsely chopped
2 tablespoons seasoned dried bread
crumbs
2 pounds beef eye round roast
1 teaspoon salad oil

basil sprig for garnish ABOUT 1 1/2 HOURS BEFORE SERVING: 1. In small bowl, soak tomatoes in warm water to cover until softened, about 20 minutes. Drain, then mince. 2. In small bowl, mix well minced tomatoes, basil, and bread crumbs; set aside. 3. With apple corer, pierce meat through center to make 1/2-inch-wide tunnel; stuff with tomato-basil mixture. 4. Preheat oven to 325 [degrees] F. In 10-inch cast iron or heavy skillet with oven-proof handle over medium-high heat, in hot salad oil, cook stuffed meat until browned on all sides. Place skillet in oven, roast about 40 minutes or until meat thermometer inserted into center of meat reaches 140 [degrees] F. for rare, or until desired doneness. Let stand 15 minutes for easier carving. Garnish with basil sprig. Makes 8 servings. About 240 calories per serving.

Additional nutritional information: Cholesterol: 65 mg/serving

Sodium: n/a

SKILLET CHICKEN WITH VEGETABLES

2 whole medium-sized chicken
breasts
1 tablespoon olive oil
1 pound unpeeled sweet potatoes,
cut into 1-inch slices
1 cup apple juice
1 teaspoon salt-free herb and spice
seasoning 1/2 medium-sized bunch broccoli, cut
into 2" by 1/2" pieces
1 tablespoon cornstarch

ABOUT 1 HOUR BEFORE SERVING: 1. Remove skin, excess fat and bones from chicken breasts; cut chicken into bite-sized chunks. 2. In 12-inch skillet over medium heat, in hot olive oil, cook chicken until lightly browned on all sides, stirring often. 3. Add sweet potatoes, apple juice, and herb-and-spice seasoning, heat to boiling. Reduce heat to low; cover and simmer 15 minutes. Add broccoli, and continue cooking about 15 minutes longer or until tender. 4. In cup, stir cornstarch and 2 tablespoons water until smooth; gradually stir into hot liquid in skillet, stirring constantly until mixture thickens slightly and boils. Makes 4 servings. About 360 calories per serving.

Additional nutritional information: Cholesterol: 75 mg/serving

Sodium: 100 mg/serving

How to eat what's good for you -- and enjoy it.

The ground rules are simple: Use fresh ingredients whenever possible, forget rich sauces and remember flavorful herbs and spices; concentrate on lean meats, skinless poultry, fish, low-fat dairy products; and cut down generally on fats, cholesterol, salt, sugar.

Beverages? It's important to get enough liquid if you're working to keep fit -- but some drinks can add more calories than your workout burns off! For example:

Cals. per 8 oz.

Club soda	0
Tomato juice	42
Gatorade	54
Ginger ale	83
Milk, skim	86

Tea, instant, sweet	87
Lemonade (from frozen concentrate)	100
Cola	101
Orange juice	110
Pineapple juice	139
Milk, whole	150

SNACK SAVVY

Don't let unplanned snacks sabotage your diet plans. Here, delicious nibbles for only about 50 calories each.

- 7 large shrimp
- 1 1-oz. ham slice
- 1 cup onion soup
- 1/4 cantaloupe
- 1 cup strawberries
- 1 medium peach
- 3 apricots
- 10 cherries 14 grapes
- 1 kiwifruit
- 2 cups air-popped popcorn
- 1/2 oz. pretzels
- 1 rice cake w/1 tsp. jam
- 5 saltines
- 3 slices Melba toast
- 3 vanilla wafers
- 2 butter cookies
- 1 fig bar
- 2 chocolate Kisses

HOW HEALTHY IS YOUR DIET? COMPUTE IT!

If you have an Apple II, IBM-PC or compatible computer, you can analyze your diet for 26 nutrients, including calories, protein, fat, cholesterol, and dietary fiber! The Food Processor, a nutrition software package used by many health professionals and hospitals, has a comprehensive data base of 1500 foods. Just hit the keyboard and it can: * Calculate all (or just one) of the 26 nutrients in any daily food intake, diet plan, recipe, or menu. * Compare food intake, diet plan, recipes, and menus to your individual RDA (Recommended Dietary Allowances) profile (based on age, weight, sex, height, activity level) or the U.S. RDA. Comparisons are based on the RDA, the Suggested Daily Allowances and the Dietary Goals. * Calculate percent of calories from protein, carbohydrates, and fats. * Average out daily food intakes and adjust recipes and menus for number of servings. The Food Processor has clear, on-screen directions plus an instruction manual. When calculations show a low intake of a particular nutrient, the "Food Sources of Vitamins and Minerals" section lists a large variety of food sources for that nutrient. Priced at \$120 (including shipping), it can be ordered by calling (503) 585-6242, or writing to ESHA Research, P.O. Box 13028, Salem, Ore. 97309. A dietary-analysis software package (for people who have IBM-compatible computers with at least 256K memory--sorry, there is no version for Apple) has also been developed by the USDA's Human Nutrition Information Service (HNIS). This relatively quick and easy program (with about 850 foods in its data base) analyzes up to 3 days of eating for calories, 28 nutrients and food components; it also lets you see how alternative foods would affect your nutrient intake. In addition, it supplies: * Complete list of foods and quantities reported. * Bar graphs showing percentage of user's RDAs for 15 nutrients. * Total grams, milligrams, or micrograms of user-selected nutrients in single foods or daily diets. * Percentage of calories from protein, carbohydrate, fat, saturated fat and alcohol.

BOOKLETS TO SEND FOR

Lite'n up, A Guide to Healthy Living. Shows you how to take a

"lighter" approach to shopping, food preparation, eating, and exercise. Includes seven recipes. Write to Thomas J. Lipton, Inc., P.O. Box 4154, Syosset, N.Y. 11791.

Nutrition for the Fitness Challenge. Explains the role of nutrition in physical fitness and debunks nine common fitness myths. Send a SASE to American Heart Association, National Center, Box GH, 7320 Greenville Avenue, Dallas, Texas 75231.

Exercise and Weight Control. Fifteen-page guide explaining the benefits of exercise in a weight-control program. Includes tips to get you started and keep you going. Write to President's Council on Physical Fitness and Sports, Department 121, 450 5th Street, N.W., Washington, D.C. 20001.

The Nike Healthwalking Guide. Provides the facts you need to build your own walking fitness program. Includes chart for figuring target heart rate. Call 1-800-344-6453, or write to Nike Consumer Services, 9000 Southwest Nimbus Drive, Beaverton, Ore. 97005.

The Nutrition/Fitness Puzzle. Informative 32-page booklet explains the fundamentals of nutrition and fitness. Write to The Sugar Association, Inc., 1101 15th Street, N.W., Suite 600, Washington, D.C., 20005.

50 + A Growing Force. Focuses on health issues for the 50-plus age group. Includes tips for smart supermarket shopping and five low-calorie recipes. Send a SASE to 50 +, Beef Industry Council, 444 North Michigan Avenue, Chicago, Ill. 60611.

New Light Style Cooking. Learn how you can save over 1900 calories and 200 grams of fat in one week by substituting Pam Cooking Spray for oil, butter, and margarine. Includes 37 recipes. Write PAM, P.O. Box 8610, Dept. CB, Westbury, N.Y. 11590.

Spa Cuisine from Campbell's Tomato Juice. Now you can sample lean and light recipes created by the chefs and nutritionists of 11 top fitness spas across the country. This colorful 21-page booklet includes cooking tips from the pros. Send 50 cents to Campbell's Spa Cuisine, P.O. Box 964, Bensalem, Pa. 19020.

Get Healthy America. Twenty pages of information to help you develop a "heart smart" diet, nutrition, and fitness program. Includes seven healthful recipes and tips galore! Send 50 cents to Mazola, Get Healthy America, Dept. GHA-X, Box 307, Coventry, Conn. 06238.

Fabulous Fiber Recipes. Prune Oat Bread and Rubyfruit Prune Compote are just 2 of the fiber-packed, low-fat recipes in this free brochure. Write Prune Ideas, P.O. Box 882168, San Francisco, Calif. 94188-2168.

Eating to Lower Your High Blood Cholesterol. Superb 51-page booklet includes guidelines, sample menus, cooking tips, and 20 pages of fat-and-cholesterol comparison charts as well as a pull-out guide to help you choose low-fat, low-cholesterol foods. Send \$2 to Consumer Information Center, Department 67, Pueblo, Colo. 81009. Request item number 120V.

Small Steps Can Help Make a Big Fat Difference. Learn how to reduce saturated fat in your diet; brochure with tips for cooking, shopping and eating out. Send SASE to Puritan Small Steps Booklet, c/o DataType International, 145 East 57th Street, Suite 700, New York, N.Y. 10022.

Healthy Cooking from the Makers of V8. More than 100 great tasting recipes for breakfast, lunch, dinner, and snacks. Each recipe also offers nutrition analysis. Send \$1.95 to Campbell Publication Center, "V8" Cookbook, Box 38, Ronx, Pa. 17573.

The Light Side of Peanuts and Peanut Butter. Eleven delicious recipes for low-calorie entrees and desserts such as Lamb Satay with Peanut Sauce, Chocolate Peanut Butter Mousse Pie. Write Georgia Peanut Commission, P.O. Box 967, Tifton, Ga. 31793.

Light Chocolate Desserts I and II. Light but luscious recipes, each 180 calories or less! Listings of fat, sodium, and diabetic exchanges help fit these treats into special diets. Write to Lighter Chocolate Desserts I and II, Hershey Foods Corporation, P.O. Box 815, Department GH, Hershey,

Pa. 17033.

CAPTIONS: Sample the cross-training smorgasbord. (table)
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